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The Blue-Book of Salads

By
PAULINE MERRITT-WARD

Consisting of
Vegetable, Meat, Fish, Cheese, Nut, Fruit,
Jellied, and Special Occasion Salads.
Salad Dressings Salad Vinegars,
Sandwiches, Cheese Straws, and
Biscuits to Serve with Salads.

Direction is given for preparing every
ingredient used.

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The Service of Salads

THE IMPORTANCE OF THE SALAD

There is no part of the dinner or luncheon that is more important than the salad. It is a good appetizer, and, if rightly prepared, promotes digestion. Many people who will not take the trouble to eat lettuce alone, will relish a prepared salad which offers something in the way of seasoning. The convalescent will eat a refreshing salad which contains quite as much nourishment as meat, when the latter could not be retained.

When preparing any given salad, the first care is to preserve the crispness as well as the freshness and flavor of the vegetables and herbs that are used. Always keep on hand the wherewithals for salad making: scissors, for clipping crisp vegetables into ribbons and shreds; sharp knives; scoops for removing the insides of tomatoes and peppers; tarragon vinegar; paprika and other seasonings for salad making. Use only the best olive oil; it pays in the end and is far more healthful than a cheaper grade. Keep the bottles or cans in a cool, dark place well corked.

THE MIXING OF SALADS

Salads of all kinds should be handled carefully; that is, they should not be put into shape by heavy pressure; they should be mixed by running the fork and the spoon down the sides of the mixing bowl and then gently tossing the salad with an upward movement, thus allowing it to mix as it falls back. In mixing a salad, always hold the mixing fork loosely. Mix the salad ingredients at least thirty minutes before using. Do not put the salad upon the lettuce leaves until immediately before serving, however. All ingredients used must be in a prime condition. It is essential that the ingredients be dry. Oil and water do not mix, and if the salad is wet the dressing will run off it and also lose its flavor.



THE DRESSING

Measure the ingredients for the dressing very carefully. Too much or too little of any one thing will spoil even the most carefully prepared dish; so be as careful in making the dressing as in combining and mixing the salad itself. A jar of salad dressing should be kept on hand always in the refrigerator, and it will prove an ever-present help to a busy housekeeper.

For health's sake, do not use mustard in salad dressings. Never use black pepper. Always use lemon juice in preference to ordinary vinegar. Mayonnaise is best used on fish and fowl and jellied salads. It is a splendid sauce for fried chicken, but not the dressing for fruit salads.

A sweet, a boiled-egg dressing, a honey or French dressing, should be used for fruit salads. Rose water may be used in any fruit dressing for flavor.

Pop corn may be added to fruit salads. Especially good with apple, date, and banana salads.



STARCHY SALADS

Rice, string beans, lima beans, baked beans, carrots, pimentos, artichokes, peppers, and beets contain starch, as well as macaroni, vermicelli, and potatoes. Rice, lima beans, artichokes, macaroni, vermicelli, and potato salads, should not be used when other starchy food is served.



CHEESE, EGG, AND NUT SALADS

Cheese combines well with all vegetables, nuts, and fruits. Cheese is not used in meat salads. Eggs may be used as a garnish for meat salads, but may be mixed with any vegetable, fish, or fowl salad. Nuts combine well with cheese and many vegetables; but a nut salad containing nuts entirely, should not be served at dinner, unless it is used as the substantial part of the meal. A cheese salad may also be used for the substantial part of a meal.

Do not repeat in the salad course any vegetable used in a previous course or a fruit that will follow as a dessert. When fruit salad is served for the first course, use acid fruits. Acid fruits are also served with the meat course.

QUANTITIES FOR SIX PEOPLE

A quart and a pint of salad will serve six people generously.

Salads are served to the left of the dinner plate.

When one is dining alone, it is the easiest to serve the salad in a large bowl; otherwise, salads are served upon individual plates. Have the plates very cold, and do not pour the dressing over them until you are ready to use the salad. You will then have a salad that will be relished.

In preparing salads, remember it is variety in material and in flavoring that gives taste to food.



WHAT TO SERVE WITH VARIOUS SALADS

Sandwiches are served with salads when served as a separate course. Cheese straws, salad sticks, salad rolls, and crisp, salted wafers are served with plain salads. Be sure to put your wafers in the oven for a few minutes before serving. Hard biscuits are excellent to serve with salads; serve either cold or split, and toasted and sprinkled with paprika. Sweet wafers are served with any sweet or fruit salad.



PREPARING WILD SALAD GREENS

A wire basket known as a salad shaker or drainer should be used to dry the salad materials after they have been washed. The lettuce leaves must be dried with a cheesecloth after being shaken in this basket as all the water cannot be shaken from it.

Lettuce leaves may be placed on a towel, gathered up at the corners so as to form a bag, then swung around several times. Every drop, almost, will shake off. If lettuce is treated in this way and placed in a paper sack, admitting no air, it will remain crisp and fresh for several days.



PREPARING SALAD GREENS

When preparing greens of the wild variety, nothing should be taken for granted, since invisible worms are very difficult to dislodge. After washing leaf by leaf and through several waters, if you let them stand an hour or more in strong salt water you may be surprised to find that more worms, stupified by the salt, have dropped to the bottom of the pan, when but for this their presence would have remained undiscovered.



WHEN TO ADD CELERY

Celery should not be mixed with the other ingredients until just before serving.



SALADS FOR PICNICS

Salads make good picnic dishes. Do not mix them before leaving home. Crisp the salad greens and vegetables and pack them in a damp cheesecloth after preparing them. A substantial salad obviates the necessity of having meat sandwiches,

as the salad contains the meat elements. Most people allow four quarts of salad and a generous quart of dressing for twenty-five people. This is dividing a quart into six parts, which is none too generous.



A salad simple in construction should be seen on every well-regulated table each day. A little change in the combination will give variety. Salads should be nicely garnished and well served. They may be made the most ornamental of all dishes on the table with but a trifling effort. A garnished salad is not necessarily an expensive one. Harmony of colors should be preserved in all garnishings.

Heavy meat or fish salads are served for luncheon or supper and are usually served with mayonnaise dressing. Salads served with mayonnaise are too rich to be served at dinner. Light vegetables as a rule are served at dinner with French dressing. Fruit salads should be prepared at least two hours before using. A fruit salad when served with a sweetened dressing and cake may take the place of dessert.



The variety of salads is inexhaustible. The recipes in this book have been tested and will be found satisfactory in every way. All measurements are level.

"Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from town."
—Sydney Smith.

Salad Dressings

Inferior oil used in the dressing will spoil a salad altogether.

FRENCH DRESSING

2 Tablespoons vinegar.

4 Tablespoons olive oil.

1 Saltspoon salt.

A pinch of pepper.

Put the salt, pepper, and vinegar in a small bowl. Place this bowl in a large one filled with shaved ice. Begin beating and add the olive oil slowly, beating all the time. Continue beating until the mixture has the consistency of cream. Use at once. Lemon juice may be used in place of vinegar.



AMERICAN SALAD DRESSING

1 Teaspoon salt.

$\frac{1}{2}$ Teaspoon dry mustard.

1 Teaspoon sugar.

1 Teaspoon onion juice.

1 Tablespoon lemon juice.

2 Tablespoons white vinegar.

9 Tablespoons olive oil.

Mix the dry ingredients and add the lemon juice, then the vinegar and onion juice; lastly the oil in the same manner as for French dressing.

CREAM FRENCH DRESSING

To each cup of French dressing add six tablespoons heavy cream. Use white pepper and lemon juice in making the dressing.



FRENCH DRESSING WITH NUTS

To each cup of French dressing add four to five tablespoons chopped or pounded nut meats.



VARIATIONS OF FRENCH DRESSING

Add pineapple, grapefruit, cherry, or strawberry juice in place of vinegar. Add finely minced pistachio nuts and truffle, mashed Roquefort or American cheese, minced hard-boiled eggs, chopped pimentos, olives, chives, and chopped green or red pepper.

Equal parts French dressing and apple juice make a fine dressing for green vegetables. Apple juice may be had by putting apple slices into a lemon squeezer. Mix with the French dressing at once.



ENGLISH DRESSING

2 Tablespoons vinegar.

1 Teaspoon salt.

$\frac{1}{2}$ Saltspoon paprika.

$\frac{1}{2}$ Teaspoon made mustard.

6 Tablespoons olive oil.

Add the olive oil in the same manner as for French dressing.

PEPPER DRESSING

Chop two sweet green peppers medium fine. Add the juice of one lemon and one saltspoon of salt. Chop the whites of two hard-boiled eggs and add to the peppers. Whip one-half cup of heavy cream very stiff. When ready to serve, add the pepper and one teaspoon prepared horseradish.



DELMONICO DRESSING

Chop fine one hard-boiled egg, and mix with a teaspoon each of tomato catsup and Worcestershire sauce. Then add a tablespoon chopped red peppers and two tablespoons of olive oil, and two tablespoons tarragon vinegar. Serve with lettuce.



DRESSING FOR POTATO SALAD

Heat one cup weak vinegar. Add the following, which should be already beaten together: one teaspoon mustard, one tablespoon flour, three tablespoons sugar, one egg, a little salt and pepper. After it has all boiled, add butter the size of a walnut. This will keep several days in a cool place.



CREAM DRESSING FOR POTATO SALAD

Mix one beaten egg with one cup vinegar and stir over the fire until cooked. Set aside until perfectly cold. Whip two-thirds cup sweet cream and add to the vinegar and eggs. Mix lightly and pour over potatoes, but do not stir after adding.

MAYONNAISE DRESSINGS

These suggestions are passed on for the inexperienced. Plan to make at least a pint of dressing at a time. One egg yolk will make that amount. If covered and kept in a cool place, it will keep a week. Have all your ingredients at hand and have them cold, especially in the summer. Fill a cup with the best olive oil and have lemon juice or vinegar at hand. If the dressing is to be used at once, lemon juice is preferable; but if you intend to keep it a few days, use vinegar instead. Lemon juice causes mayonnaise to separate in a short time. Into a bowl drop one egg yolk and stir lightly. Add the oil, a drop at a time, beating steadily and always in the same direction until about one tablespoonful has been dropped. You may then add the oil a teaspoonful at a time. When the oil is consumed, season with a teaspoonful of mustard, and a little tabasco or cayenne if liked. Then add lemon juice or vinegar until thin enough to use. Many people do not season their salad dressings highly enough, with the result that it is insipid and "oily."



MAYONNAISE DRESSING II.

Take yolks of three eggs, add one-half teaspoon each of mustard, sugar, and salt. Add a dash of paprika. Work into this, drop by drop, a pint of olive oil. Beat steady and fast and always in the same direction. When thick and ropery, add a few drops of lemon juice and vinegar until thin enough to use. Put into a glass jar and place in the refrigerator.

When mayonnaise curdles, skim the curdled eggs from the oil, beat them separately with a fork, and then add the oil again, drop by drop. The addition of a hard-boiled egg yolk will prevent mayonnaise curdling. This is added to the raw yolk.



WHITE MAYONNAISE

Use a tablespoonful of unsweetened condensed or fresh cream instead of the egg yolk. Beat thoroughly, add gradually the oil and vinegar, or lemon juice, as in the usual mayonnaise. Also add any other ingredient.



MAYONNAISE WITH SARDINES

To one cup of mayonnaise, add a tablespoonful of vinegar, four skinned and boned large sardines, chopped very fine. Then add one tablespoon of minced pimento.



MAYONNAISE HOLLANDAISE

Mix equal parts of cold Hollandaise sauce and mayonnaise, adding a little minced onion, shallot, and chervil.



PIQUANTE MAYONNAISE

To one cup of mayonnaise add two tablespoons of sweet or sour pickles, minced, and one tablespoon minced olives.

JELLY MAYONNAISE

Beat two tablespoons of liquid chilled aspic jelly into a cup of mayonnaise.



MAYONNAISE RASPBERRY

To one cup of mayonnaise, add the juice of a very small lemon or the juice of a half large lemon, two tablespoons raspberry vinegar, a pinch of salt, and a dash of paprika.



MAYONNAISE RASPBERRY II.

Mix an equal quantity of mayonnaise and raspberry jelly. This is delicious with cold meat, fowl, and game salads.



MAYONNAISE CREAM

To one cup of mayonnaise add a pinch of salt, half tablespoon lemon juice, and one-fourth cup of stiffly whipped cream. Use immediately.



MAYONNAISE VARIATIONS

For green mayonnaise, color with crushed parsley or spinach. Add whipped cream, finely chopped or minced parsley, minced hard-boiled eggs, chopped or minced chives, pimentos, olives, or onions, chili sauce, and a dash of English mustard.

QUICK SALAD DRESSING

One small can evaporated milk, turned into a deep bowl and beaten with an egg beater one minute after adding a pinch of salt. Add a tablespoon sugar and the same amount prepared mustard. Beat a minute longer, and use with any salad.



ROQUEFORT DRESSING

To prepare the cheese, first mash it until it is smooth. Then for a cream dressing add cream first, then lemon juice, and salt and pepper to taste; or the cheese may be simply mashed and a French dressing used.



RED PEPPER DRESSING

2 Teaspoons sugar.

$\frac{1}{2}$ Teaspoon salt.

1 Sweet red pepper.

3 Tablespoons olive oil.

5 Tablespoons vinegar.

Seed and grind the pepper through food chopper. Add to sugar, oil, and salt, and rub to a smooth paste. Stir in the vinegar gradually, and mix well.



CHEESE DRESSINGS

Rub to a paste two tablespoons of soft cheese and four tablespoons olive oil. Add a half teaspoon salt, a dash of pepper, and two tablespoons vinegar. Use on lettuce or any green salad.

Mash one tablespoon cheese, add one-half table-

spoon olive oil, mix until smooth. Then stir in one-half teaspoon salt, one-eighth teaspoon white pepper, one teaspoon French mustard, and a dash of tabasco. Mix thoroughly and gradually add three and a half tablespoons olive oil, one tablespoon tarragon vinegar, and one teaspoon lemon juice.



SOUR CREAM DRESSINGS

When cream is soured but not old enough to be strong (although it may be very thick), it may be used in several ways for dressing:

I. Rub smooth the yolks of four eggs (hard boiled), adding gradually five tablespoons of sour, thick cream. Thin and flavor this with lemon juice or wild orange juice or tarragon vinegar.

II. Mix smooth in a cup of sour cream a tablespoon flour, have heating three tablespoons lemon juice or vinegar and add two tablespoons butter, one-half teaspoon each of sugar and mustard and a pinch of cayenne or paprika. Mix cream and flour in this and cook three minutes, stirring constantly. Just before removing from the fire, add the stiff-whipped whites of two eggs. Remove and cool.



RUSSIAN DRESSINGS

Add chopped sweet peppers and chives to a cup of mayonnaise. Season well with salt and pepper and add less than a teaspoon of tarragon vinegar. Then add one tablespoon of chili sauce.

Add one-third cup of chili sauce to two-thirds cup of mayonnaise.

CHILI DRESSING

Make an ordinary French dressing adding a little onion juice and a thick chili sauce to give the dressing a red color. A little finely chopped green pepper may be added.



CHUTNEY DRESSING

Add as much Chutney sauce as desired to mayonnaise dressing.

Chutney or chili sauce may be used in French dressing also.



PINEAPPLE DRESSING

Beat two egg yolks with two tablespoons sugar and one teaspoon flour, adding one-half cup of pineapple juice. Mix well and cook until thick in double boiler. Cool and add the juice of half a lemon. When serving add enough cream to thin the dressing. For fruit salads.



GOLDEN SALAD DRESSING

One-fourth cup lemon juice, and the same of pineapple juice, one-third cup sugar, two eggs well beaten. Mix thoroughly, adding a pinch of salt. Stir constantly while cooking. Cook but two minutes as it thickens as it cools. Grapefruit and pineapple juice, orange and pineapple juice, or any other fruit juice, may be used instead of pineapple and lemon.

SOUR MILK DRESSING

Mix the yolk of one egg with three-fourths cup sour milk, one tablespoon butter, and the same of flour, one tablespoon sugar, one teaspoon salt, and a teaspoon mustard if liked. Cook this in double boiler until steaming hot, then add one-half cup of vinegar and cook one minute. Remove from stove and add one egg white beaten stiff. This is an excellent dressing for potato salad.



HONEY DRESSING

Beat two egg yolks. Add two tablespoons cider vinegar, one tablespoon butter, one tablespoon honey, one-half teaspoon mustard. Mix and cook in double boiler. When ready to use, add whipped cream. This dressing will keep for weeks in covered receptacle in a cool place.

I always omit mustard in all dressings used on fruit salads. Honey dressing is splendid with apple and pear salads.



DRESSING FOR CRANBERRY SALAD

Three tablespoons olive oil, one tablespoon vinegar, half tablespoon cranberry juice, and salt to taste.



WHIPPED CREAM DRESSING FOR FRUIT SALADS

Beat the yolks of four eggs, add one cupful sugar, one-half cup lemon juice, and one cupful whipped cream.

WHIPPED CREAM DRESSING FOR FRUIT SALADS II.

Beat two eggs very light and add alternately in small portions half a pint of cream and five table-spoons vinegar, stirring constantly. Season with one teaspoon salt, a teaspoon sugar, and several dashes of paprika. Set the bowl containing this mixture in boiling water and stir until it begins to thicken; then remove and chill. When ready to use, whip a fourth pint of cream and add lightly to the dressing. Use immediately.



ORANGE DRESSING FOR MEATS OR CABBAGE SALADS

Beat two egg yolks, add two tablespoons olive oil, one teaspoon tarragon vinegar, one teaspoon sugar, and grated orange peel. When thoroughly mixed, add juice of one sour orange, pouring it in very slowly.



THOUSAND ISLAND DRESSING

One cup olive oil, juice of one lemon, and one orange, teaspoon onion juice, twelve stoned and sliced olives, sliced lengthwise, one teaspoon salt, and one-half teaspoon mustard, together with one and one-half teaspoon Worcestershire sauce. Splendid for green vegetable salads.



FRUIT DRESSING

Blend one tablespoon each of candied cherries, peaches, and pineapple, placing these, after cutting

fine, in a pint fruit jar, with four tablespoons olive oil, two tablespoons lemon juice or vinegar, one-half teaspoon salt, pinch paprika if liked. Then shake jar until ingredients are well blended.



BOILED DRESSING

Mix together one and one-half teaspoons mustard, one teaspoon salt, two teaspoons powdered sugar, and a dash of tabasco sauce. To this add two tablespoons olive oil and two eggs, slightly beaten, stirring until well blended. Lastly, add one cup weak vinegar and cook until thick.



BOILED DRESSING II.

- $\frac{1}{2}$ Teaspoon salt.
- 1 Teaspoon mustard.
- $1\frac{1}{2}$ Tablespoons sugar.
- Few grains cayenne.
- $\frac{1}{2}$ Tablespoon flour.
- Yolks of two eggs.
- $1\frac{1}{2}$ Tablespoons melted butter.
- $\frac{3}{4}$ Cup milk.
- $\frac{1}{4}$ Cup vinegar.

Mix the dry ingredients, add the egg yolks slightly beaten, then the milk. Add the vinegar boiling hot, and stir constantly. Cook in double boiler until thick. Stir constantly while cooking, and just before removing from the fire add the butter. If kept on ice, this dressing will keep fresh and good for weeks.

When a boiled dressing is used for fruit salads, omit the mustard.

HORSERADISH DRESSING

Season two tablespoons grated horseradish with salt and pepper. Add lemon juice to taste. Have a cup of cream whipped stiff. Then stir the horseradish mixture in. Splendid for beet and all green vegetable salads.



ORANGE DRESSING

For orange, apple, date, pineapple, and banana salads.

Beat two egg yolks until thick, add one-half cup powdered sugar, one-half teaspoon salt, and juice of one orange. Before adding the orange juice, thoroughly beat the other ingredients to dissolve the sugar.



CREAM DRESSING FOR LETTUCE

Blend one tablespoon vinegar and one-half teaspoon salt, also a pinch of pepper.

Then add four tablespoons of thick cream, a teaspoonful at a time. Toss the lettuce in this.

Blend two tablespoons vinegar, two tablespoons sugar, teaspoon salt, and two tablespoons olive oil. One-fourth cup of tomato catsup is then added. Finally add one cup of thick cream, sweet or sour as preferred.



FRUIT SALAD DRESSING

One cup of sugar; stir in one tablespoon flour, two of melted butter, one well-beaten egg, the juice of one lemon and two cups of hot water. Stir and

cook until the mixture thickens, and cool.

Peanut oil is well adapted to the use of salad dressings, in place of olive oil.



NEW FRUIT DRESSING

Yolk of one egg beaten; add to this one-third cup powdered sugar. Beat the white of the egg stifly. Mix with the above, then add one and one-half cups of cream.

There is a wide range of possibilities in salad making, bounded only by the state of the refrigerator and the genius of the cook.

Salad Garnishings

Diced carrots garnish white salads beautifully.

Nasturtium leaves may be used with mutton or lamb salads. They are not only very beautiful and decorative, but they have a piquant flavor. Also used for egg salads.

Hard-boiled eggs are used with chicken and cabbage salads.

Diced beets and olives blend well with most vegetable salads. They are also used for meat salads.

Stuffed or stoned olives are used with turkey and chicken salads, vegetable, and pineapple salads.

Tomatoes cut with fancy cutters make good garnishes for most vegetable salads.

Any spring salad may be garnished with chopped radishes, radishes cut to represent tulips or roses, also with dandelion blossoms.

Sorrel may be used for fish, game, or fowl salads, as well as meat salads.

Red or green peppers chopped, shredded, minced, or cut in fancy shapes, are very decorative.

Mint jelly, currant jelly, lemons cut in fancy shapes or slices, and capers, are used for mutton and lamb salads.

Red and white currant sprays, green and purple grapes, grape and nasturtium leaves, blueberries, sprays of cherries, and unstemmed cherries, make beautiful garnishes.

Violets, either fresh or candied, blend well with cherry salads.

Rose leaves, either fresh or candied, may be used for orange salads.

Peppers may be dried, then when needed they are soaked in hot water and cut into strips or fancy shapes for garnishing, or they may be used in the salad mixture.



RADISH ROSES

Make two deep cuts at right angles in the radish, leaving the end intact. Loosen the outer skin where the cut has been made and place in ice water; the skin will curl like rose petals. Some of the green should be left on.

Dandelion blossoms make a pretty garnish for spring salads.



GARNISHINGS II.

Cranberries may be used to garnish winter salads. To keep cranberries, place them in bottles and fill with cold water. Keep well corked in a cool, dry place.



LEMONS CUT FOR GARNISHING

Wash the lemons, then dry thoroughly. They may be cut into slices crosswise, into sections lengthwise, into cups or baskets. For these latter follow directions for orange and grapefruit baskets. Fan-shaped pieces of lemon decorated with sprigs of parsley are very decorative. The red portions of radishes may be chopped or cut into fancy shapes

and placed upon the lemons. Paprika may be sprinkled over, as well as finely chopped parsley. Chopped pimento and parsley may be sprinkled lightly on a part or the whole of any lemon cut for garnishing.



ORANGE AND GRAPEFRUIT BASKETS

Cut out a piece of each side of an orange or grapefruit, leaving a strip to serve for the handle over top. Take out the pulp and remove all the white bitter part next to the skins.



ORANGE OR GRAPEFRUIT CUPS

Cut into halves. Remove the pulp and the white bitter part next to the skins. Then thoroughly chill.

Mashed, quartered, halved, or whole strawberries may be used as a garnish.

Grapes, skinned, seeded, may be used with nuts for decorating.

Pimentos may be stuffed with a seasoned cheese mixture, then cut in slices and used as a garnish, also increasing the food value of the salad.

When energy flags, and the end of the day finds busy workers "too tired to eat," a salad will be welcomed.

Salad Vinegars

RASPBERRY VINEGAR

Six quarts water, six pounds sugar, and three quarts raspberry juice; stir until the sugar is dissolved. Then add two quarts of water to the berry pulp and one tablespoon and a half of yeast. Let stand until it is well worked up. Then add this to the other liquor. Strain and pour into vinegar cask. Ready for use in two or three months.



CHERRY VINEGAR

Stem one pint of cherries. Add one quart of good cider vinegar. Let boil for one minute after it comes to the boiling point. Turn into glass jars and let stand three weeks. Then strain and bottle. Be sure to use new corks.



STRAWBERRY VINEGAR

Weigh the berries and add an equal weight of sugar. Mash, and to four quarts of berries add eight quarts of water. Then stand in a warm place. Let it ferment thoroughly and strain. Then bottle. Let stand four months before using.

MINT VINEGAR

Wash the leaves, shake them dry, and place in bottle. Fill the bottle with vinegar. Let stand a month. Strain and seal tight. This vinegar is used for mutton salads.



CLOVER VINEGAR

Put a small bowl of molasses into a crock and pour over it nine times the quantity of boiling rain water. Let this stand until it is lukewarm. Then put in two quarts of clover blossoms and one cup yeast. Let this stand three weeks. Then strain and bottle.



ONION VINEGAR

Peel onions and run them through the small knife of the meat grinder. Use enough onions to make a pint of pulp. Season a quart of vinegar with a teaspoon salt and two of sugar. Pour in the onion pulp. Let stand for five days. Then heat and strain through a fine sieve and cloth. Bottle and seal.



CELERY VINEGAR

One teaspoon salt, one tablespoon sugar, and one-fourth cup celery cut up fine. Add a pint of boiling vinegar and boil one minute. Let stand two or three weeks shaking the jar or bottle often. Then strain and bottle.

CELERY VINEGAR II.

Put one and three-fourths cup of celery seed into a two-quart jar or bottle. Fill with boiling vinegar. Shake every day for three weeks; then strain and bottle.



HORSERADISH VINEGAR

One and one-half cups of freshly grated horseradish mixed with two tablespoons of sugar and two teaspoons salt. Pour over this one quart boiling cider vinegar. Let this stand ten days. Then strain and bottle.



SPICED VINEGAR

Put these spices into a cheesecloth: two tablespoons chopped or minced parsley, thyme, mustard, and celery seed, and the same amount of sweet marjoram; then add one tablespoon of allspice, cloves, pepper corns, and mace. Cover with one quart of boiling cider vinegar. Let stand forty-eight hours and strain through cheesecloth. This vinegar may stand a day longer if it is not strongly flavored enough in two days.



TARRAGON VINEGAR

Add four peppercorns and four cloves to two quarts of coarsely chopped tarragon leaves. Pour over these one and one-half quarts cider vinegar. Cover tightly and keep in a cool place. Strain in three weeks. Then bottle and cork tightly.

NASTURTIUM VINEGAR

Gather enough perfect nasturtium pods to fill a quart jar. Cover with good cider vinegar. This may be used in three weeks after straining through a fine cloth. Nasturtium blossoms may also be used. A few peppercorns may be added, also a clove of garlic.



PICKLED BEET VINEGAR

Vinegar that is poured from pickled beets should be strained before using.



USE FOR PICKLE VINEGAR

Do not throw away vinegar in which pickles have been preserved. Use it for salad dressing instead of ordinary vinegar. It gives a delicious flavor that cannot be obtained by using the other.



FRUIT JUICE IN VINEGAR

Cranberry, grape, pineapple, grapefruit, and currant juice can be added to vinegar, using equal parts of each.



ORANGE VINEGAR

To two gallons of orange pulp and juice add one quart of Florida syrup. Mother will form in about three weeks. Cover the jar with a thin cloth while fermenting.

PINEAPPLE VINEGAR

Place the fruit in a crock. Sweeten as for preserving. Cover and allow to ferment, skimming often. The parings may also be used. Strain through flannel and bottle. Let stand four months.



PEAR VINEGAR

Cook the pears, then mash and add sugar as for preserving. Skim often. When thoroughly fermented, strain and bottle. Ready for use in four months.



GRAPE VINEGAR

Use wild grapes. Press out all juice and boil down to one-half the quantity. To four gallons of juice add one-half gallon molasses. Ferment by standing the crock in warm place. Strain after thoroughly fermenting and bottle. Keep in dark, cool place.

Directions For Preparing Various Ingredients Used in the Salads Enclosed in This Book

TO MARINATE SALADS

Let the dressing poured over a salad remain at least an hour. Two hours should be allowed for most salads, such as meat and fish or fruit salads. When ready to serve, pour off any of the dressing which has not been absorbed.



TO CURL CELERY

Cut into narrow strips only the tender stalks of celery and place into a bowl of very cold or iced water for several hours. When curled, celery is used only for a garnish and not eaten. The outer stalks may be used.



TO CRISP VEGETABLES

Place into cold or iced water after thoroughly washing them. Add a little lemon juice. When ready to use, dry carefully with a cheesecloth. To keep them crisp for several days, place in paper sack; tie with string and place in ice chest.

TO SHRED LETTUCE

Leaf lettuce may be used for this. Use scissors and cut into narrow ribbons about one-fourth of an inch wide.



GARLIC

When garlic is used for salad, the salad bowl is rubbed with the cut end of a clove of garlic.



TO EXTRACT ONION JUICE

Slice off the root end of the onion and proceed as with a half lemon, using a glass or aluminum lemon squeezer. For salads, always choose the Bermuda onion for it is sweeter than any other and has little if any of the burning tang.



TO KEEP CABBAGE

Clean the cabbage and wrap in paper toweling or paper sack admitting no air. Place in bottom of ice chest.



DEVEILED ALMONDS

A relish to be served with salads. Blanch one pound of almonds, then cover them in a dish within which is stirred one teaspoon cayenne pepper, one pint milk, and let them remain in for twenty-four hours. Drain; dry on a soft cloth; spread in a baking dish with a teaspoon butter and let brown lightly in the oven. Stir often and when done salt them well.

STUFFED OLIVES

Carefully stone two dozen large olives. Mix two ounces of cream cheese with four teaspoons salt, one teaspoon cayenne, and one teaspoon minced parsley. Then stuff the olives with mixture and chill thoroughly before using.



STUFFED OLIVES II.

Mince red pepper very fine; then stone large queen olives and stuff them with this.



PEACH OR APRICOT BRANDY

Mash one gallon of peaches or apricots, after peeling them. Add to this four quarts of the fruit pits and two gallons of French brandy. Let this stand sixty days. Then strain through several thicknesses of fine cloth or flannel and bottle.



CANDIED FRUITS, ROSE PETALS, ORANGE, CLOVER, AND SWEET PEA BLOSSOMS

3 Cups sugar.

1 Cup water.

1 Teaspoon lemon extract.

Boil until a little of it becomes brittle when dropped in cold water. Put the fruit on the end of a knitting needle, dip into the candy, let remain in syrup for a minute, then turn on the needle until cool.

Rose leaves and orange blossoms, as well as clover and sweet pea blossoms may be candied in the same manner. Candied fruits or flowers should be kept in waxed-paper-lined tin boxes.



CANDIED VIOLETS

Prepare a syrup as directed above. To half of the syrup add grape juice until it is about the color of violets. To the other half crushed spinach. Make this syrup the color of violet stems. Then dip the flowers into the grape syrup and lay them upon a waxed or buttered paper to dry. When dry, dip the stems into the green syrup. Put away in waxed-paper-lined tin boxes.



CORN SALT

This salt is a tasty addition to many salads, especially tomato salads. Prepare same by grating corn on the cob and drying thoroughly. Drain in fine sieve; stir often while drying. Then add one-fourth its quantity of salt. Put away in air-tight jars. Old salt cellars may be used if waxed paper is placed in the covers.



CELERY SALT

Grate dried celery root and add one-fourth its quantity of salt.



ONION SALT

Grate onions very fine. Place in sieve to drain and dry. Stir often. When perfectly dry, add one-fourth its quantity of salt.

IMITATION HORSERADISH

One teaspoon mustard, one-fourth teaspoon salt; add one mashed potato, boiled, one tablespoon vinegar mixed in three tablespoons of olive oil, and one-fourth teaspoon sugar. Splendid with beet salads.



SWEET DILL PICKLES

One pound large dill pickles; cut in slices, or long, thin strips; and the same quantity of sugar. Place in Mason jar and shake thoroughly every day for four days.



FROSTED MINT LEAVES

Rub the mint leaves lightly with egg whites, then dip in granulated sugar. Let them lie or hang in a draft until dry.



CANDIED PANSIES

Make a syrup of half cup of water and one cup of sugar. Boil to 234 degrees Fahrenheit. Have prepared a solution of gum arabic using one-half cup cold water and one ounce of gum arabic. Cook this in a double boiler until thoroughly dissolved. Cool and dip the pansies in this. Then place upon white oilcloth to dry. When dry, dip in the syrup, which should be cold. Then dredge with granulated sugar. For purple pansies, add a little grape juice to the syrup. When the stems are left on a little green coloring should be put into the syrup. Spinach green will answer for this purpose. Put away in waxed-paper-lined tin boxes.

CANDIED CRANBERRIES

After picking over the berries, wash them and place in a making dish. Allow one-third cup sugar to each cup of berries. Add two or three cloves to each cup of berries and bake covered for fifteen minutes. Remove the cover and bake forty-five minutes in a moderate oven. Serve with poultry or meat salads.



PREPARING TOMATO CUPS

Rub the back of a silver knife over the tomato so as to loosen the skin. Then peel. Or plunge the tomatoes into hot water for a minute.



TOMATO MOLDS

Little molds the shape of a tomato may be purchased for ten cents. These are used for tomato jelly salads.



PICKLED CHERRIES

Pit the cherries and cover with vinegar. Let stand over night. Then drain off the vinegar. Measure the cherries and mix thoroughly with the same amount of sugar. Cover the dish and stir several times a day. After the third day put into Mason jars. A splendid addition to many salads.



CANDIED LEMON, ORANGE, AND GRAPEFRUIT PEELS

Cut lemons in halves and remove the pulp. Remove all the bitter white part next to the skin. Then

throw the peels into cold water for fifteen minutes. Take them out and dry thoroughly with a cheese-cloth after laying them in a colander to drip. Make a syrup of an equal amount of sugar and water. Simmer the peels in this until they are transparent. The peels may be cut in strips before they are put into the syrup. When they are done lay them upon waxed or buttered paper to dry. Then roll in granulated sugar. The syrup may be boiled until it granulates and used to roll the peels in instead of the sugar. Put away in tin boxes. Grapefruit and orange peels may be candied in the same manner.



RASPBERRY JELLY

Use two parts red raspberry juice to one of red currant juice. To each pint of juice add three-fourths pound sugar. After the sugar has been added, let boil slowly for fifteen minutes. Pour into glasses and seal with paraffin.



CURRENT JELLY

After stemming the currants, place them in a double boiler over a moderate fire for one hour. Pour into jelly bag and let drip. Then pour the juice into a preserving kettle and add one and one-fourth pound sugar to each pint of juice. Boil slowly for fifteen minutes. Pour into glasses and cover. Let stand in a sunny window or out of doors in the sun.

MINT JELLY

Slice apples very thin after coring them. Green apples should be used. Cook five minutes and add four sprigs of mint to each four apples used. Strain through bag or cloth. Add an equal amount of sugar and cook until its begins to jell. When the jelly is in the glasses, lay over it the tip of a mint stalk with a few tiny leaves.



SPICED CRANBERRIES

Cook the cranberries in just enough water to cover. Add as much sugar as there is pulp, and more if liked. Then to each two cups of pulp add one tablespoon vinegar, one-half teaspoon each powdered cloves, allspice, and cinnamon. This may be served as a relish when fowl salads are used.



TO COLOR CREAM FOR FRUIT DRESSINGS

Red fruit juices may be used to color cream. Then a fork may be passed back and forth to give it a mottled appearance.



ICED CHEESE FOR FRUIT SALADS

Candied fruits may be chopped and added to cream cheese. Also bananas mashed to a cream. Then frozen in a square mold and cubes of it served on fruit salads.

AVERAGE FOOD VALUE OF VEGETABLES

	Water	Albuminoids	Extractives	Gum	Fat	Cellulose	Mineral Matter	Sugar	Starch	Other Nitro- genous Matter	
Asparagus.....	89.7	3.1	...	17	0.8	1.4	Asparagin .03
Cabbage.....	89.1	1.4	...	5.7	0.4	0.3	1.3	Ch. 5.8
Cabbage, Red.....	90.1	1.7	0.2	...	0.8	
Kohl-Rabi.....	87.2	2.3	0.3	1.4	1.6	
Celery.....	93.4	0.31	0.8	Mucilage and Starch 2.6
Cucumbers.....	96.0	0.3	...	0.6	...	0.4	0.3	2.1	
Okra.....	4.7	
Radishes.....	90.7	1.3	0.2	Ch. 4.17
Swiss Chard.....	82.8	3.7	0.8	Ch. 7.8
Tomatoes.....	89.7	1.3	1.2	1.2	...	6.1	Malic Acid 0.8 .
Leeks.....	91.7	0.4	Ch. 6.7
String Beans.....	89.6	0.5	0.7	0.6	...	58.8	23.7	Carbo-hydrates 7.4, Proteids 1.6
Peas.....	84.0	2.2	3.6	2.2	
Red Beets.....	82.3	0.3	1.1	2.0	0.2	3.1	0.9	10.1	Pectose 2.5
Sweet Potatoes...	75.1	1.3	...	2.3	0.5	1.7	1.4	1.6	15.1	...	Pectose 0.8
Potatoes.....	75.1	1.3	1.4	...	0.2	1.1	1.1	...	18.1	...	Dextrin 2.1
Onions.....	91.1	1.4	0.3	0.2	
Savoy.....	97.1	3.4	0.6	1.6	Ch. 6.1
Horseradish.....	Ch. 7.2
Squash.....	
Turnips.....	92.7	0.4	1.1	3.1	1.4	1.7	
Spinach.....	90.1	1.3	0.4	1.1	
Brussels Sprouts	93.8	1.4	0.2	2.7	1.4	Carbo-hydrates 0.5
Carrots.....	89.1	0.4	...	2.4	0.3	2.4	1.1	4.5	Carbo-hydrates 4.8
Cauliflower.....	90.8	2.3	1.3	Carbo-hydrates 4.8
Celeraic.....	2.1	...	0.6	

Vegetable Salads

ASPARAGUS SALADS

I. Boil until tender, fresh asparagus tips, or use the canned asparagus. Drain well and chill. Serve on crisp lettuce with French dressing.

II. Boil two very large carrots. Scrape them and cut into rings. Then put four stalks of drained asparagus into each ring. Serve on crisp cress.

III. Use fresh, boiled, or canned asparagus. Drain well and place upon a piece of toast from which the crust has been cut. Decorate with pieces of tomato and green pepper.

IV. Arrange small heart leaves of lettuce on the edge of the salad plates. Slice red round radishes without peeling. Place asparagus tips in the center, pour over them French dressing. Then place the radishes around the tips in a circle. Decorate the top with radish tulips.

V. Drain, bone, and skin canned salmon. Flake and mix with drained canned asparagus tips. Allow one cup of flaked salmon to one can of asparagus. Add a little finely cut, tender celery. Serve on crisp cress or lettuce.

VI. Cover cold boiled asparagus tips with French dressing. Cut rings from red pepper. Serve the asparagus tips in these rings upon lettuce leaves. Use a French dressing to which has been added a

little chili sauce, or green coloring of spinach or parsley juice.

VII. Asparagus tips, covered with grilled mushrooms cut julienne; season French dressing with mushroom catsup if liked, or chili sauce.

VIII. Place asparagus stalks in rings of lemon. Use French dressing with lemon juice.

IX. Over asparagus, grate any favored cheese. French dressing.



TOMATO SALADS

Shred ripe tomatoes. Drain and add half the quantity of shredded green pepper. Mix in French dressing. Serve upon cress.

II. Slice ripe tomatoes. Sprinkle with chopped onion, finely cut celery, and garnish with parsley. French dressing.

III. Select ripe tomatoes. Slice thinly and serve with mayonnaise or cress.

IV. Prepare tomato cups. Break up cooked sweetbreads finely. Mask these in mayonnaise. Serve in tomato cups. Cream cheese and wafers may be served with this salad for luncheon.

V. Skin tomatoes. Then cut into four quarters. French dressing.

VI. Pound or grind peanuts. Mask in mayonnaise. Serve in tomato cups, mixing the peanuts in the tomato pulp.

VII. Serve shredded cabbage in tomato cups after mixing with the tomato pulp. Serve upon cress. Place heart stalks of celery in the center.

VIII. Mix tomato pulp with dried cucumbers. Serve in tomato cups. Decorate top with green pepper.

IX. Serve tomato pulp mixed with shredded celery, in tomato cups, marinated in French dressing for an hour.

X. Slice four large tomatoes. Cover the slices with chopped green peppers, and olives cut into rings. French dressing made with lemon juice.

XI. One cup of cut tomato and half cup of dried cucumber. Add a little minced onion.

XII. Tomato pulp mixed with corn. Serve in tomato cups. In the center place a twisted lettuce leaf.

XIII. Fill tomato cups with tomato pulp after marinating in French dressing. Place four asparagus stalks in each tomato. The pulp will keep the asparagus tips standing upright.

XIV. Use very large perfect tomatoes. Allow one-half to each person to be served. Lay each half on a lettuce leaf the skin side up. Cut green pepper and celery in strips the size of a match. Stick these all over the half tomato. Serve with a tablespoon mayonnaise on the side.

XV. Cut a tomato into eight parts but do not sever the sections. Fill the center with chopped celery and cream cheese. Serve with mayonnaise and garnish with celery tops.

XVI. Serve a mixture of minced celery, pineapple, chopped mixed nuts, marinated in French dressing in tomato cups. Take large mushrooms, break up, and sauté them in a little butter for a few minutes. Season with celery salt, paprika, and

onion juice. Mix with tomato pulp. Mask in mayonnaise and serve in tomato cups. Heap with the dressing.

Luncheon Salad

XVII. Remove the skins from tomatoes and chill. Then roll in aspic jelly. When nearly set, place five strips of white, hard-boiled eggs on top to form the petals of a daisy. Use a little of the yolk mixed with mayonnaise for the center.

XVIII. This amount is sufficient for two individual salads.

Remove the yolks from two hard-boiled eggs. Mix with a half teaspoon anchovy paste, a tablespoon butter, two drops of lemon juice, and a fourth teaspoon white pepper. Then refill the whites and coat them with gelatin. Place these upon a slice of tomato. Marinate in French dressing. Garnish with parsley.

XIX. Fill tomato cups with a mixture of chopped cucumbers, celery, hard-boiled eggs, and chopped or sliced olives. Grate a little hard-boiled egg yolk over the top and chill.

XX. Serve a mixture of asparagus tips cut up and green peas in tomato cups. Marinate in French dressing. Then pour a little gelatine over all.

XXI. Mix salmon with diced cucumbers. Marinate in French dressing. Serve in tomato cups.

XXII. Mix tomato pulp with peas. Add a little onion juice and minced parsley. Serve in tomato cups. Pour French dressing over all. Let stand one hour before serving.

XXIII. Dice four potatoes of even size after boiling them; add four stuffed olives, cut up, and

mask in boiled dressing or marinate in French dressing, adding dressing to potatoes while still hot. Serve in tomato cups. Place upon shredded lettuce or a bed of shredded cabbage.

XXIV. Tomato and pineapple salad. Dice and drain pineapple and mix with one-fourth its quantity of blanched shredded almonds. Mask in mayonnaise; serve in tomato cups.

XXV. Fill tomato cup with cherries stuffed with nut meats. Mask the mixture in fruit dressing before placing into the cups. Cream cheese balls the size of hickory nuts may be placed on top.

Tomato and Banana Salad

XXVI. Slice an equal amount of ripe tomatoes and bananas. Marinate in French dressing.



RADISH SALADS

Crisp two bunches of red round radishes. Slice crosswise very thin. Peel and slice a medium-sized cucumber. Mix and add a little grated onion or onion juice. Sprinkle a little French dressing over and serve with French dressing. Garnish with parsley.

Slice round red radishes very thin. Add an equal quantity of thinly sliced cucumber. Serve with French dressing to which a few capers have been added.



CELERY SALADS

I. Cut celery in inch lengths and then into strips. On this arrange sections of grapefruit, freed

from membrane. Decorate with red or green pepper.

II. One cup celery, one-half cup chopped green pepper. Decorate with red pepper.

III. Cut tender celery fine. Sprinkle with onion juice. French dressing.

IV. Three parts celery cut fine, one part nut meats. French or boiled dressing.

V. Two cups celery, one cup cauliflower, flower-ets. Decorate with red pepper. French dressing.

VI. One cup tender celery, cut fine, one-half cup diced tart apple, and a little shredded green pepper.

VII. Crisp celery, cut fine, sprinkle with grated cheese and serve with French dressing.

VIII. Have the celery stalks clean and crisp. Then stuff them with a mixture of chopped nuts, salt, pepper and a dash of Worcestershire or paprika. Serve on lettuce leaves after marinating in French dressing and garnish with stoned olives.

Celery Knob Salad

Slice celery knobs. Serve upon lettuce, with a border of beets, dried. French dressing.

Celery Top Salad

Cook the tops until tender. Drain and chill. French dressing. Boiled dressing may also be used.

Celery Root Salad

Cook celery root until tender. French or boiled dressing. Chop and add olives cut into rings.

SPINACH SALADS

I. Chop cold boiled spinach and place in small individual molds. Then turn upon salad plates. Garnish with hard boiled eggs and diced beets. French dressing.

II. Wash carefully one-half peck spinach. Put into a saucepan and cover tightly. Watch that it does not burn. When half done, add a half teaspoon salt and cook until tender. Then cool thoroughly. Put the spinach into individual molds. Chill and serve on lettuce. Garnish with diced apples and finely chopped celery.

III. Make small nests of cold spinach. Place strips of pimentos over the mounds like spokes of a wheel. In the center place a small ball of cream cheese, rolled in ground or chopped nut meats.

IV. To one cup of boiled spinach add one hard-boiled egg minced very fine or ground, one teaspoon butter, half teaspoon salt, a little cayenne pepper, one-fourth teaspoon celery seed, two tablespoons vinegar, and one cup of the liquid strained from the spinach. Mix and boil for two minutes, after coming to the boiling point. Add one tablespoon of gelatin which has been dissolved in a little hot water. Pour into molds. Garnish with hard-boiled eggs cut in slices, diced apples and beets, or chopped celery.

V. Prepare a lemon gelatin. Drain the spinach well after boiling it, and chill. Pour a little of the gelatin into a mold and when set place a layer of spinach over. Marinate the spinach in French dressing. Continue using the Spinach and the gelatin in

alternate layers until all the materials have been used.

VI. After draining cooked spinach, pour into molds or cups. Serve with a French dressing to which tart cherry juice has been added.

VII. Prepare a lemon gelatin and pour a little into a mould. When nearly set, place a layer of cooked spinach over it. Have the spinach well drained and chilled and marinated in French dressing. Then place a layer of chopped cucumber and tomatoes over the spinach before adding another layer of gelatin.



YELLOW EGG-TOMATO SALADS

I. Pour boiling water over the tomatoes. Let them remain in for a minute and peel quickly. Place in the refrigerator until serving time. Place four tomatoes upon crisp lettuce for each person. Garnish with diced cucumbers and shredded red peppers.

II. Peel and cut the tomatoes in halves. Drain and chill. Place upon lettuce or cress. Serve with French dressing, to which add a little chopped parsley.

III. Scald and peel the tomatoes. Dice and add the same amount of diced red tomatoes. Drain and marinate in French dressing.



CABBAGE SALADS

I. Shred one head of white cabbage finely and add one onion either chopped or minced, one teaspoon chopped parsley, one and one-half teaspoon

salt, one-fourth teaspoon black pepper, and a half teaspoon of mustard mixed in a little vinegar. Scald all with two cups boiling water and three tablespoons of vinegar. Put over the fire until scalding hot. Add a tablespoon of gelatin which has been dissolved in one-fourth cup of hot water. Then turn the mixture into a large mold, into cups, or individual molds. Put on ice. Serve on cabbage leaves. French dressing.

II. One cup shredded cabbage, one-half cup chopped celery, one-half cup chopped or diced tart apples. Boiled dressing with cream.

III. Cut lemons in halves. Also cut both ends of the lemons so that they will stand up. After removing the white skin, mix the pulp with finely shredded cabbage seasoned with salt and pepper. Sprinkle with French dressing. Fill the lemon cups with this mixture. Serve on crisp cress. Decorate the tops with finely minced cold boiled beets.

IV. Take half a head of white cabbage, shred very fine, and plunge into cold water until crisp. Drain thoroughly and chill. Place upon salad plates. Serve with a French or sour cream dressing.

V. Two cups shredded cabbage. The pulp of one orange. Serve with orange dressing.

VI. One cup shredded cabbage, two slices of bacon, cut fine, one small tart apple diced. Boiled or sour cream dressing.

VII. One cup shredded cabbage. One-fourth cup of chopped green peppers. Sprinkle with onion juice. French dressing.

VIII. Shred cabbage fine. Put into deep bowl, pour boiling water over, for a minute, then remove

and drain. Chill. Mask in mayonnaise and decorate with radish roses. Sour cream dressing may also be used.

IX. Shred white cabbage fine. Cover top and surround with cubes of tomato jelly. Marinate in French dressing for an hour.



CABBAGE AND CORN SALAD

Two cups of cabbage shredded and the same amount of drained corn. Marinate one hour in French dressing. Then serve with boiled dressing.



PEPPER SALAD

Remove the seeds from green or red peppers and fill with a mixture of cream cheese, to which chopped nuts have been added. Olives may also be added. Decorate the top with strips of pimento.



PIMENTO AND OLIVE SALAD

One-fourth cup sliced olives, one-fourth cup chopped pimentos, and one-fourth cup celery. Serve upon cress.



DUBLIN SALAD

Allow a green pepper for each person to be served. Cut out the stem and remove the seeds and white parts. Mix equal parts of diced apples, chopped olives and celery, nut meats minced, and a little green pepper minced finely. Fill the pepper cups with the mixture, heaping the center with the dressing.

HARLEQUIN SALAD

One cup red cabbage, one-half cup white cabbage, chopped fine or shredded, two chopped spring onions, half a cup of boiled beets, and one cup of string beans cut up very finely. Chill and serve with French dressing.



SUCCOTASH SALAD

Take an equal quantity of fresh or canned corn and lima beans. Season well with pepper and salt. Also with celery and onion salt if liked, or with one of these salts.



PRINCESS SALAD

Two medium-sized cucumbers, one large apple, one cup of celery, one cup pecan nut meats, one cup of peas, eight ripe tomatoes, and mayonnaise dressing. Chop the nuts, celery, apples, and cucumbers; use either canned or green peas, and mix all with the mayonnaise. Drain well after mixing. Scoop out the tomato centers and fill with this mixture. Serve very cold, heaping the center with the dressing.



MUSHROOM SALADS

Use one cup of finely shredded celery to one cup of cooked mushrooms. Serve with mayonnaise. Canned mushrooms should have cold water run through several times before using; then drained well. In cooking mushrooms for salads, they may be simply boiled for twenty minutes or fried a golden brown in butter.

II. One can French mushrooms, one cup of French peas, one-half teaspoon salt, two tablespoons butter, three cups finely cut, tender celery, three-fourths cup mayonnaise, and a half cup chopped nut meats. Put the butter in the frying pan and fry the mushrooms a golden brown. Add the salt. Then drain. Cool, and add to them the peas and celery. Mix in the dressing and chill thoroughly.



PEA SALADS

I. Drain a can of peas. Season to taste with salt and pepper. Then add a cup of finely cut, tender celery and one cup of nut meats. Hickory nuts are a tasty addition to peas. Serve on cress with French dressing.

II. Equal quantity of drained canned or fresh boiled peas and broken or chopped nut meats. Marinate in French dressing.

III. Cut the ends off perfect lemons. Remove the pulp. Drain a can of French peas. Mix with any preferred nut meats either chopped or broken. Sprinkle with French dressing and fill the lemon cups with this mixture. Heap with mayonnaise. Serve on cress. Garnish with strips of red pepper.

IV. Boil young turnips. After chilling carefully, scoop out the centers. Fill with new boiled garden peas masked with mayonnaise. A little finely chopped celery and a few nut meats may be added. Garnish with parsley.

V. Two cups peas, one cup celery, one-half cup walnuts (cut fine), and one cup of orange pulp, well drained. Orange dressing.

BRUSSELS SPROUTS SALADS

I. Brussels sprouts should be well drained after boiling until they are tender. Then mix with French dressing and chill. At serving time, place a mound of the sprouts on lettuce and put a tablespoon chopped cold boiled or pickled beets on top. Garnish with a ring of beets. Pour French dressing over all using the vinegar from the pickled beet jar.

II. Mix boiled sprouts with one-half the amount chopped red pepper. Serve upon ramine or cress.



CAULIFLOWER SALADS

I. Mix tender cauliflower flowerets with cold boiled diced beets. Add a few shreds of green pepper.

II. Add one cup of string beans cut into inch lengths to two cups of cauliflower. Garnish with diced beets. French dressing.

III. To each cup of cauliflower add one-fourth cup of diced carrots. Sprinkle with parsley.

IV. Boil a small cauliflower until tender, in salted water. Drain and cool. Then cut into slices that look like flower sprays. Drain one can of string beans; place on crisp cress and lay a few chilled red beet leaves over the cress. Put the string beans on these, dip the cauliflower flowerets in French dressing and place them upon the beans. Cut a sweet green pepper in half. Remove the pulp, fill with mayonnaise to which have been added minced nut meats. Place this in the center of the salad.

BELLEVUE SALAD

Drain a can of peas. Add two medium-sized cucumbers diced. Add a little chopped or minced onion. Crumble three tablespoons pineapple cheese fine and mix lightly. Toss in a little French dressing. Serve on cress or lettuce with French dressing, adding a few nut meats.



BERMUDA SALAD

Cut rings from small Bermuda onions and place upon cress or lettuce. String beans are then placed upon the onion rings. Marinate in French dressing. Decorate with radish roses or radish slices and serve with French dressing to which chopped cucumbers have been added.



STUFFED ONION SALAD

Cook a sufficient number of large onions until tender but not soft. Drain well and chill. Carefully scoop out the centers and fill with chopped tomatoes and lima beans that have been masked in mayonnaise. Serve upon lettuce and garnish with tomatoes cut in eighths. French dressing.



ONION SALAD

Slice Bermuda onions. Cover with grated carrots. French dressing.

OKRA SALAD

Wash the pods and scrape off any black there may be on the ribs. Then cut in thin slices. Chill and serve with French dressing. Cooked okra is also good when served with French dressing.



KOHL-RABI SALAD

Cook the kohlrabi in thin slices. Cool slightly and spread with butter. Then marinate in French dressing.



MIXED VEGETABLE SALADS

I. On crisp lettuce or cress place bits of string beans, asparagus, raw onions, shredded green peppers, sliced hard-boiled eggs, sliced radishes. Pour over all a French dressing made with lemon juice.

II. Take equal parts of cold boiled or canned asparagus tips, tiny new boiled potatoes. Add a few slices of cooked young carrots, sliced radishes, and tender celery cut fine. Pour a little onion juice over all. French dressing.

III. Take a cup of diced carrots, white and yellow turnips diced, making a cupful when diced. Then add one cup of diced hearts of artichokes, one cup of fresh peas, one cup of asparagus tips, and one cup of string beans. Cut both the string beans and asparagus in small pieces. Pour French dressing over all, adding a few capers.

IV. Cook the following vegetables separately: peas, string beans, young carrots and turnips, flowerets of cauliflower, beet root, celery root, and asparagus tips. Place upon crisp cress or lettuce.



ESCAROLE SALAD

Wash the escarole. Divide it. Place the small leaves upon salad plates. Lay two or three rings of red pepper over them. Pour on French dressing to which onion juice has been added, and garnish with diced beets and bits of green pepper mixed.



DANDELION SALADS

I. Wash well one quart white dandelions. Arrange on salad plates. Sprinkle with salt and pepper. Cut bacon into dice and fry crisp. Add to the salad, pouring a little vinegar to which strained bacon fat has been added.

II. Cook the dandelion as you would spinach, choosing only the young leaves. Drain well. Marinate in French dressing. Chill and garnish with cold boiled beets. Pour French dressing over all when serving.



BEET GREENS SALAD

Cut in very small pieces and cook the early beet greens. Serve upon pieces of boiled tongue with French dressing. Decorate with parsley.

DANDELION, CHICORY, ROMAINE, AND SORREL SALADS

Wash the greens thoroughly. Serve with French dressing or any of its variations.



LETTUCE AND ESCAROLE SALAD

Shred small lettuce leaves and add the same amount of shredded escarole. Sprinkle with a little grated cheese and serve with French dressing. Garnish with diced beets.



SHREDDED LETTUCE SALAD

For shredded lettuce, crisped leaf lettuce may be used. Cut crosswise into ribbons with scissors. Serve with French dressing. Lettuce should never be served with sugar and vinegar. This makes it tough and indigestible.



HEAD LETTUCE SALAD

Crisp heart leaves of lettuce in iced water. Use French dressing made with either lemon juice or vinegar. Cheese and toasted crackers may be served with it.



LETTUCE SALAD WITH WINE DRESSING

Crisp the lettuce. Thoroughly dry and serve with a dressing made of one-half teaspoon salt, one-fourth teaspoon paprika, four tablespoons red wine, and four tablespoons olive oil.

LETTUCE SALAD WITH ROQUEFORT CHEESE

Pour French dressing over the lettuce and mince Roquefort cheese over all.



LETTUCE SALAD WITH EGG

Mash the yolks of three hard-boiled eggs with salt and pepper to taste, adding a little mustard and a dessertspoonful of olive oil. To this add gradually a small cup of vinegar and pour over the lettuce. Garnish with rings of the whites of the eggs used.



LETTUCE SALAD WITH GRAPEFRUIT JUICE

Crisp the lettuce. Place upon salad plates. Then pour over grapefruit juice that has been thoroughly chilled.



LETTUCE AND CABBAGE SALAD

Shred a good white head of lettuce very fine and add one-half the amount of finely cut celery. Mask in mayonnaise and serve in a cabbage shell or upon crisp lettuce. Sprinkle with broken nut meats.



CRESS SALAD

After washing the cress carefully, place it in iced water. Then wipe dry with a cloth. Chop a hard-boiled egg for each person to be served. Add a little chopped onion on onion juice. Place upon the cress. Serve with French dressing and garnish with shredded red pepper.

CRESS SALAD II.

Dice tart apples. Carefully look over the cress, wash and crisp as directed above. Place upon salad plates. Then spread the apples on it. Serve with French dressing made with lemon juice.



CRESS SALAD III.

Soak a cup of broken nut meats in lemon juice. Then place on a bed of crisp cress and serve with French dressing.



POTATO SALADS

Potatoes should be hot when the dressing is mixed with them.

I. One cup of diced boiled potatoes, one-third cup of finely cut white cabbage, one-half cup of finely cut celery. Pour onion juice over or season with onion salt. Serve with a boiled dressing and decorate with parsley.

II. Mix two cups of diced boiled potatoes with one and one-half cups of string beans cut up fine. Season with onion salt, pepper and salt. Serve with a boiled dressing upon a bed of cress. Sprinkle top with parsley.

III. Four cups of diced boiled potatoes mixed with six diced tart apples and marinated in French dressing make a delicious salad. Pour lemon juice over the apples as soon as they are diced.

IV. Two cups of diced or cubed boiled potatoes, one-half cup of finely chopped red peppers, and one-fourth cup of finely chopped onion or onion juice to taste. Boiled dressing.

V. Dice six boiled medium-sized potatoes and mix them with the whites of three hard-boiled eggs. Rub the yolks with one teaspoonful mustard, one of salt, and a dash of pepper. Then add one cup of sour cream slowly. Pour this dressing over the salad and stir.

VI. Mix diced boiled potatoes with mayonnaise. Sprinkle with finely chopped mint. Serve upon slices of tomatoes.

VII. Equal portions of diced and drained cucumbers and boiled potatoes. Pour a little onion juice over or season to taste with onion salt. Serve with mayonnaise after marinating thirty minutes in French dressing. Decorate with radish roses.

VIII. Line one side of a cup with lettuce. Then fill the cup half full of potato salad made of diced potatoes, chopped celery and radishes, pimentos, and green peppers, seasoned to taste with salt and pepper. Then fill the cup with a gelatine mixture. Place in ice chest to thoroughly chill and harden. Serve with a boiled dressing. Decorate with radish roses or pickled beets diced.

IX. Two cups diced potatoes, one medium-sized cucumber cut fine. Season with onion juice or onion salt. Add one-half cup nut meats. Mask in mayonnaise. Decorate with stuffed olives.

X. Boil twelve medium-sized potatoes. Mix four tablespoons vinegar with six tablespoons olive oil. Pepper and salt to taste. Add one teaspoon finely chopped parsley to the potatoes after dicing them; then pour over the above dressing. This salad should be made at least two hours before serving time. Chopped olives, pickles, cold beef, chicken, or turkey may be added.

XI. Boil the required number of potatoes in their jackets. Then cut into dice or cubes. Fry some bacon that has been cut into very small pieces. To a half cup bacon add two well-beaten eggs and a half teaspoon vinegar; pepper, salt, and sugar to taste. Grate a little onion over the potatoes. Pour the bacon mixture over and mix well. Garnish with parsley.

XII. One quart mashed potatoes, one teaspoon onion juice, three tablespoons oil, one cup vinegar, one teaspoon salt, dash of pepper, a dash of nutmeg, one tablespoon chopped pickles, and two tablespoons chopped beets. Beat all together until the potato is light. The vinegar used should be taken from the beet jar. Place on cress or lettuce and garnish with parsley.

XIII. Dice cold boiled potatoes with three-fourths the amount of chopped hard-boiled eggs. Pour French dressing over. Serve on cress. Garnish with stuffed olives or diced beets.

XIV. Use an equal quantity of diced cold boiled carrots and potatoes. Pour French dressing over; chill, and garnish with a ring of diced beets. Cut eight small strips from a medium-sized beet and place these on top of the salad.



SWEET POTATO SALAD

Boil a sweet potato for each person to be served. Cut in dice and add a few stalks of tender celery cut very fine. Serve with French dressing. Garnish with olives and sprigs of parsley.

SWEET POTATO SALAD II.

Slice boiled sweet potatoes. Then cut them in halves. Dust each piece slightly with paprika. Mix sliced green onions with an equal amount of shredded green pepper. Add a little minced chicken, cold roast veal, or pork. Place a layer of the sweet potatoes on top. Serve with French dressing seasoned with a little spray of chopped mint.



BAKED BEAN SALADS

I. Marinate baked beans in French dressing. Pour onion juice over and chill thoroughly. Surround with slices of ripe tomatoes.

II. After draining the canned baked beans, marinate them in French dressing. Surround with cubes of tomato aspic. Sprinkle with chopped parsley and serve with mayonnaise.

III. Drain a can of baked beans. Expose to the air at least thirty minutes and chill. Marinate in French dressing. When serving sprinkle with minced onion and parsley. Serve with mayonnaise.

IV. Add chopped olives and finely cut celery to baked beans. Use lemon juice in the dressing.



WHITE BEAN SALAD

Take two cups of boiled white beans. Toss in French dressing, adding a dash of paprika. Place upon cress or lettuce, adding minced or chopped parsley. A little chopped onion and sour pickle may be used, as well as fine shredded lettuce or celery hearts.

KIDNEY BEAN SALAD

Wash and drain one pint can of kidney beans. Add to this four hard-boiled eggs chopped about the size of the beans, one-half cup chopped pickles either sweet or sour as preferred, and one cup and a half of finely shredded or chopped celery. Serve with mayonnaise or a boiled dressing. Luncheon salad.



LENTIL SALAD

Soak the lentils. Then boil until tender. Drain and put aside to cool, and then chill. Two cups of lentils require a dressing made of five tablespoons of oil, one tablespoon tarragon vinegar, one teaspoon each finely minced parsley, chives, and cucumber pickles. Serve upon cress or lettuce, with a few capers, finely cut onions, and chopped green or red peppers may be added to lentil salads.



ARTICHOKE SALAD

Cut the heart of a tender stalk of celery into very small pieces. Then cut up two good-sized artichokes (either canned or freshly boiled). Add two slices of pineapple cut up finely, and two tomatoes which have been peeled and cut fine. Mix the ingredients in French dressing, and sprinkle with broken nut meats and chopped red pepper. Use lemon juice in the French dressing, adding a dash of paprika.

ARTICHOKES IN TOMATO CUPS

Boil artichokes in slightly salted water. When cold, dice and mask in mayonnaise. Serve in tomato cups that have been sprinkled with salt and drained well. Heap the center of the salad with the dressing.



ARTICHOKE AND ORANGE SALAD

Place a slice of orange on an artichoke bottom. Pour French dressing over. Use lemon juice in the dressing. To be served with game and fowl.



CORN AND TOMATO SALAD

After skinning tomatoes, chop them up very fine and drain well. Add an equal amount of cold boiled or canned corn and seasoned with salt and pepper. Marinate in French dressing.



RICE SALADS

I. To each cup of rice add one finely cut hard-cooked egg. Serve with mutton. Do not use potatoes in the same meal. Decorate with beets and olives.

II. (A good luncheon salad.) Combine two cups of rice with one-fourth cup chopped carrots or beets, and one cup of finely cut water cress or lettuce. Add a little onion juice and a few olives cut in rings. Serve with mayonnaise, mixing the dressing while the rice is still hot.

LIMA BEAN SALADS

I. Mix one-fourth cup of minced, left-over ham with two cups of boiled lima beans. Season with salt and pepper and a grating of nutmeg. French dressing.

II. Place lima beans on shredded cabbage. Sprinkle with onion juice or grated onion and a little minced parsley. Garnish with strips of red pepper.

III. Season the beans with salt and paprika or pepper; add a little minced chives. Serve upon tomato slices.



LIMA AND STRING BEAN SALAD

Equal parts of lima and string beans.

STRING BEAN SALADS

I. If canned string beans are used, drain them well and shred with a fine silver fork. Place upon lettuce and serve with French dressing. Garnish with nasturtium blossoms.

II. Thoroughly drain a pint can of string beans or use the fresh boiled beans. Add two chopped hard-boiled eggs. Mask in mayonnaise or French dressing made with tarragon vinegar.

III. Over a pint of string beans pour a tablespoon of onion juice or minced onion. Season with salt and pepper and one-fourth teaspoon chervil chopped fine. Mix in French dressing made of equal parts of lemon and orange juice instead of vinegar.

IV. Cut string beans fine and add an equal amount of canned or green corn. Season with salt and pepper or a dash of paprika. Marinate in French dressing for an hour.



MACARONI AND SPAGHETTI SALADS

Olive oil, which forms the principal part of so many salad dressings, yields one hundred calories of food value.

MACARONI SALADS

I. Boil the macaroni in the original lengths. Make a jelly with a half package of gelatine and two cups of cold water. When this is nearly dissolved, add two cups of hot water. Let boil a minute and add two cups of strained tomato juice. When this begins to thicken, the macaroni is added either in short or long pieces. Serve upon lettuce. Garnish with cheese balls to which minced green pepper or olives have been added. Mayonnaise.

II. Macaroni salad is a good luncheon salad. Be sure to mix dressing while the macaroni is hot.

Use an equal amount of macaroni and celery cut fine. Add finely chopped pimentos. Sprinkle a few raisins over the top of salad if liked.

III. After cooking the macaroni or vermicelli, drain, place in bowl of hot pickled beet vinegar until a lovely pink color is obtained. French or boiled dressing. Decorate with parsley.



SPAGHETTI SALAD

Shred one-half cup of celery and mix with one-half cup of boiled spaghetti broken into small pieces. Sprinkle with a little grated cheese and bits of red pepper. Mask in mayonnaise.

TURNIP SALADS

I. Choose small white turnips. Boil until tender. Scoop out the centers and fill with a mixture of peas and nuts marinated in French dressing. French dressing.

II. After scooping out the center of boiled white turnips, fill with young lima beans that have a greenish tint and boiled until tender in slightly salted water. Place a radish rose in the center. Marinate in French dressing.



TURNIP TOP SALAD

When turnips sprout, cut off the tops. Plunge into hot water; then into cold. Drain and chill. French dressing. A little bacon cut into small bits and fried crisp may be added.



CARROT SALADS

I. One cup cold boiled carrots, one-third cup boiled or canned peas. Marinate the carrots in French dressing, adding one tablespoon of onion juice and one of chopped parsley. When ready to serve, place upon lettuce or cress in the center of the salad plate and surround with the peas and pour French dressing over all.

II. Run the boiled carrots through a colander. Make as fluffy as possible. Boiled or French dressing.

III. One cup dried boiled carrots, one-half cup peas, and one-fourth cup fried cut celery. Surround with parsley.

IV. The above salad may be varied by using olives instead of peas and seasoning with onion.

BEET SALADS

I. Cut cold boiled beets in thin slices. Allow two medium-sized beets for each person. Boil a medium-sized silver onion for ten minutes for each beet used. Then cut the onions in thin slices and place upon the beets. Decorate with parsley.

II. Dice cold boiled or pickled beets. Cut an equal quantity of large olives into rings. Marinate in French dressing. Serve upon crisp cress.

III. Place diced cold boiled beets upon cress. Put the yolks of hard-boiled eggs through a potato ricer or grate them. Place this around the edge of the beets. Mince the whites finely and place on the edge of the yolk decoration. Season French dressing well and pour over all. Vinegar from the pickled beet jar may be used.

IV. Two cups of diced beets, one cup of string beans cut into inch lengths and one-half cup of boiled white beans. Place the beets in the center of the plate, then the white beans over them, and lastly the string beans. Pour French dressing over all. Edge the salad with diced beets, and heap the center with a tablespoon of them.

V. Arrange romaine leaves on salad plates and grate a sufficient number of cold boiled beets to cover the center. Then sprinkle generously with yolks of hard-boiled eggs. French dressing.

VI. Slice cold boiled beets very thin. Marinate in French dressing.

VII. Cut leaf lettuce in shreds. Halve hard-boiled eggs. Place in center of plate and pour French dressing over. Put a ring of diced beets

around the center and cover the top with beets. Use pickled beet vinegar in the dressing. Parsley may be used to decorate.

VIII. Scoop out centers of boiled beets and fill with a mixture of peas and carrots, marinated in French dressing. Sprinkle the top with chopped nut meats.

IX. Skin the beets. Remove the centers and fill with a mixture of peas, chopped nuts, and a few bread crumbs. Brown-bread sandwiches may be served with this salad.

X. Remove centers from beets. Chop the beet centers with an equal amount of tart apples. Marinate in French dressing and place in the beet cups. Serve upon cress.

XI. Slice beets very thinly. Cover with a layer of chopped or grated onion and green pepper. Dust a little Parmesan cheese over and serve with French dressing. Salted wafers.



CUCUMBER SALADS

I. Peel and slice cucumbers. Mix with chopped onion and a few sliced red round radishes. Do not peel the radishes. Serve with French dressing. Radishes can be used for garnishing.

II. Slice cucumbers. Serve with French dressing.

III. One cup sliced cucumbers, one-fourth cup olives cut into rings.

IV. Dice cucumbers. Then add half the amount of hard-boiled eggs, chopped. Nut meats may be added to the dressing.

V. One cup dried cucumbers and one-half cup of boiled sweetbreads, broken up fine. Sprinkle top with parsley.

VI. Diced cucumbers mixed with half the amount of drained shrimp; marinate in French dressing made with lemon juice.

VII. Cup of diced cucumbers, one-half cup sliced olives; sprinkle with nut meats or finely chopped hard-cooked eggs.



CUCUMBER AND TOMATO SALAD

Equal amounts of cucumber and tomatoes sliced. Sprinkle with chopped green pepper.

A salad should be seen on every well-regulated table each day.

Russian Salads

I. Prepare tomato cups. Sprinkle insides with salt and pepper. Mix one-fourth cup of Russian caviare with the same amount of anchovies. Add one cup of chopped celery mixed with one-half cup of tomato pulp. Mask in mayonnaise. Fill the tomato cups and chill thoroughly.

II. Combine equal quantities of peas, carrots, lima beans, shredded celery, chopped onion, chopped tomatoes, diced cucumbers, and anchovies cut up or broken into small bits. French dressing.

III. Cube six medium-sized tomatoes and three cucumbers, and cut two medium-sized apples very fine. Add two green peppers and one onion chopped fine, and a dash of garlic seasoning. Marinate in French dressing. Serve with Russian, French, or mayonnaise dressing, adding a dash of paprika and a teaspoonful Worcestershire sauce to the French or mayonnaise dressing. Serve with Roquefort cheese wafers or sandwiches.

IV. Combine one large carrot, diced, three large beets, diced, two large boiled potatoes, and shred one head lettuce very fine. Russian dressing.

V. One cup boiled potatoes, one cup of diced carrots, one cup of cooked white beans, and one-fifth cup diced beets. Marinate in French dressing.

Salads may be made so tempting that the plainest meal they accompany will be enjoyable.

Meat and Fowl Salads

CHICKEN SALADS

I. To one cup of left-over roast chicken add four large olives chopped fine, one small pickle chopped, and a tablespoon capers. Mask in mayonnaise. Garnish with green pepper. Celery may also be added.

II. Shred the chicken with the fingers, add nut meats and serve with mayonnaise. Chicken salads may be garnished with slices of hard-boiled eggs and chopped pickles. Celery may also be added.

III. Make an aspic jelly with a cup of chicken consommé and one tablespoon gelatine first soaked in a little cold water for ten minutes. When the aspic begins to thicken, add one cup of finely chopped or minced chicken mixed in two tablespoons of cream mayonnaise, a dash of white pepper, and a little salt. Turn into moistened molds quickly and let harden and chill. Mayonnaise.



CHICKEN AND EGG SALAD

Boil eggs hard and remove the yolks. Mash these and add an equal amount of minced chicken seasoned with salt, pepper, and mayonnaise. Shape

into dainty balls. Cut the whites into strips. Marinate in French or mayonnaise dressing. Place the whites upon shredded lettuce. Dispose the yolk balls in the center. Pour French or mayonnaise dressing over all and garnish with dark nasturtium blossoms.



MOCK CHICKEN SALAD

Use cold, left-over roast veal or pork. Shred fine with the fingers. Cut an equal amount of celery fine and serve with mayonnaise.



CHICKEN AND CORN SALAD

Mix equal parts of chopped or shredded chicken and canned corn that has been well drained, with mayonnaise.



DUCK SALAD

Shred the left-over duck very fine with the fingers. To each cup of meat add one-half cup celery. Serve with French dressing made with lemon juice.



AVERAGE FOOD VALUES OF FOWL

Water	77.6
Fat	1.2
Salt	1.5
Nitrogenous Matter ...	17.2
Extractives	2.2

TURKEY SALADS

I. Cut the meat into cubes and add broken nut meats. Mask in mayonnaise.

II. Mask in mayonnaise two cups of turkey shredded fine and one cup of chopped or shredded celery. Garnish with stuffed olives and place an olive in the center.

III. Two cups cold turkey cut into cubes, two cups finely cut celery. Mix in mayonnaise. Serve the salad in the center of the plate, and place tiny heart leaves of lettuce on the edge. A tiny tuft of crisped celery heart in the center of the salad gives a decorative touch.

IV. Take some white meat of turkey, cut up very fine. Chop a few pickles, also a few beets, one or two carrots, one potato, a whole celery root. (Parboil the potatoes, carrots, and celery root.) Take a few stalks of asparagus. Chop them finely and then add as much chopped celery as asparagus. Sprinkle with salt and pepper and serve with mayonnaise. Garnish with hard-boiled eggs and capers.



SWEETBREAD SALADS

I. Break up cooked sweetbreads fine and place upon lettuce in a circle after masking in mayonnaise. In the center put small French peas; mask in mayonnaise and serve very cold.

II. Cut cooked sweetbreads into dice. Add one-fourth the amount diced cucumber and a little shredded celery. Mayonnaise or French dressing.

III. Cook one-half pound of sweetbreads in the same manner as directed for calf's brains. Cut into dice. Add one-half can of shrimp or one-half pint of fresh boiled shrimp, one-half can of French peas, half can of mushrooms, one-fourth cup of blanched almonds, one-half cup of each walnut and pecan meats, and one cup of finely cut celery. Mask in mayonnaise.

IV. Parboil two cups or one pint of oysters. Drain and cool. Then cut in halves. Break a pair of cooked sweetbreads into small pieces and marinate both in French dressing separately. Serve with mayonnaise.



CALF'S BRAIN SALAD

Remove the outer skin of the brains and throw them into cold water. Soak for one hour, changing the water often. Place them in a saucepan of boiling water to which a little lemon juice has been added. A few vegetables may be boiled in the water before adding the brains, then straining. Cook the brains below boiling point for twenty minutes. Tie the brains in a cloth before cooking them. When cool, break into pieces and add half the quantity of finely cut celery. Mask in mayonnaise.



AVERAGE FOOD VALUES OF MEAT

	Lean Beef	Fat Beef	Lean Mutton	Fat Mutton	Veal	Fat Pork	Lean Pork
Water	72.0	52.0	73.0	54.0	64.0	38.0	70.1
Fat	3.6	29.8	4.9	32.2	15.9	48.9	6.7
Salt	5.6	4.5	4.9	3.4	4.6	2.1	1.3
Nitrogenous Matter...	19.4	14.9	18.2	12.5	16.4	9.3	21.7

MUTTON SALADS

I. Cut mutton into cubes. Then add sliced olives. Mayonnaise made with mint vinegar.

II. Mix dice of mutton with an equal amount of asparagus cut into bits. Peas may be used instead. Season with salt and pepper. Serve with mayonnaise, adding a few capers.

III. To finely shredded mutton, add a little tender celery. Marinate in French dressing made with horseradish vinegar. Garnish with mint and a few chopped pickles.

IV. Mix one teaspoon chopped mint with one teaspoon capers and one teaspoon lemon juice. Add this to each cup of mutton used. Salt and pepper to taste. Marinate in French dressing. Catsup may also be added to the dressing.



CORNEB BEEF AND PEPPER SALAD

Combine one cup of minced corned beef with three-fourths the quantity of minced green pepper. Serve on cress with French dressing.



ROAST BEEF SALAD

Season minced beef to taste with tomato catsup, salt, grated onion, Worcestershire sauce and celery salt. To each cup of meat add one cup of celery cut fine. French dressing.



LIVER SALAD

Equal parts calf's liver, boiled, and celery. Cabbage finely shredded may be used.

TONGUE SALADS

I. Cut cold boiled tongue fine, and to each cup of meat add one-fourth cup of parsley and cress minced. Mask in mayonnaise.

II. Add one-half cup of chopped hard-boiled eggs to one cup of pickled tongue finely cut. Sprinkle over it a little shredded green or red pepper. Serve with mayonnaise adding a little extra mustard.

III. Mix one cup of boiled potatoes, diced, with two cups chopped, pickled, or boiled tongue. Chop two hard-boiled eggs and sprinkle over the salad. French dressing.



LEFT-OVER MEAT SALAD

Grind the meat and to each cup add one tart diced apple, one-fourth cup finely cut celery, a little grated onion or onion juice. Season to taste with salt and pepper. Mask in mayonnaise.



HAM SALADS

I. Cut the ham fine, removing the fat. Combine with half the quantity green peppers, chopped. Walnut meats may also be used.

II. One cup of finely cut ham, half cup celery, add olives cut in rings, sprinkle or decorate top with parsley. French dressing.

III. Ham may be combined with Neufchâtel cheese; crumble egg yolks, hard boiled, on the top. Onion juice is sprinkled over and the whole marinated one hour in French dressing.

VEAL SALADS

I. Cut veal into cubes. Add one-fourth the amount of peas. French dressing with lemon juice.

II. Shred the veal and add one-half the quantity of finely shredded cabbage. Season with salt and pepper. Catsup may be used in dressing.

III. One cup diced veal, one-half cup cooked potatoes, diced; one-half cup celery, tablespoon chopped onion or onion juice. Sprinkle with chopped red pepper after mixing. Mayonnaise dressing may be served with meat salads for luncheon.

IV. (Fat reducing.) To two cups of veal add one-eighth cup of asparagus tips cut fine, finely chopped beets, cauliflower flowerets, one small carrot diced, and one tablespoon chopped onion. French dressing.

There is no easier or more delicious way of using left-overs than in salad.

Fish Salads

CRAB SALADS

I. Mix an equal amount of crab meat and celery cut fine. To two cups of this mixture add four tomatoes cut into quarters after peeling. Mask the tomatoes in mayonnaise, then add to the other ingredients. Place upon lettuce, pouring mayonnaise over all. Garnish with fringed celery.

II. Break the crabs into small pieces and to each cup of crab meat add one-half cup diced cucumbers. Pour a little onion juice or minced onion over and serve very cold with mayonnaise.

III. Two cupfuls crab meat flaked and the same amount of celery cut fine. Serve on lettuce or cress. Garnish with stuffed olives.

IV. To one cup of crab meat add one-half cup of cooked dandelion greens. Then add one hard-boiled egg chopped fine and marinate in French dressing. Decorate the top with fresh young dandelion leaves. In the center place a slice of cucumber and on it a dandelion blossom. Around the edge place four slices of cucumber and a dandelion blossom on each.

V. Combine an equal amount of crab meat and asparagus tips cut into small pieces. Garnish the top with asparagus tips and chopped hard-boiled eggs. French or boiled dressing is used after marinating in French dressing.

VI. Chop the heart of a head of chicory. Add this to one cup of finely cut celery and two cups of crab meat. Serve with mayonnaise to which has been added enough catsup to give it a deep pink color. Six olives sliced thinly and one small gherkin pickle may be added. When mixing, pour over the juice of an onion or onion salt to taste, as well as pepper and salt to season well.



SALMON SALADS

I. One cup flaked salmon, and one-fourth cup chopped apples. Use lemon juice in the French dressing and pour over the salad at once.

II. Flake canned salmon after removing the skin and bones. Add a little chopped celery, capers, and chives. Mask in mayonnaise. Put a heart stalk of celery in the center of the salad.

III. Remove the skin, fat, and bones from fresh or canned salmon, and flake the meat. Mix with one-fourth the amount of diced cucumber and a little chopped onion. A few chopped pickles may be added. Garnish with shredded red pepper or slices of lemon. Marinate in French dressing made with lemon juice.

IV. Soak one tablespoon of gelatin in one-fourth cupful cold water ten minutes. Add to this three-fourths cup hot boiled dressing. Cook for a few minutes. Flake either fresh or canned salmon, removing the skin, fat, and bones. Add one tablespoon chopped olives, one-half chopped green pepper, salt and pepper, two teaspoons vinegar, and one-eighth teaspoon paprika. Moisten molds and pour the mixture. Let harden. Serve with mayonnaise.

V. Remove skin and bones from fresh boiled salmon or canned salmon. Flake and arrange upon crisp lettuce. Garnish with sliced or diced cucumbers. Marinate the salmon in French dressing. In the center place a heart leaf of twisted lettuce. Serve with mayonnaise.

VI. Line a mold with gelatin. When firm cover it with salmon, flaked, adding cut tomatoes and cucumbers. Mask in mayonnaise. Then cover with gelatin and serve with mayonnaise.



SHRIMP SALADS

I. Drain canned shrimp. Break into pieces. Chill and serve with mayonnaise adding a few capers.

II. One can of shrimp or one pint of boiled fresh shrimp, one small cucumber, and three tomatoes. Dice the tomatoes and cucumbers. Drain and sprinkle with vinegar, pepper, and salt to taste. Have the shrimp well drained and add to the vegetables. Chill and serve with French dressing.

III. Mix one cup of shrimps that are well drained with one cup of stuffed olives cut in slices. Season with celery, salt and paprika. Serve upon lettuce or endive with mayonnaise, and decorate with tufts of endive or lettuce.

IV. Place canned shrimp in lettuce cups, sprinkled with chopped red or green pepper. Catsup may be added to dressing if liked.

SHRIMP AND SARDINE SALAD

Cut up equal parts of canned drained shrimp and sardines. Marinate each separately in a little tarragon vinegar. Slice ripe tomatoes and cucumbers. Drain and add to the shrimp and sardines an equal amount of each. Serve with French dressing.



SARDINE SALAD

Lay large sardines on brown paper to drain free from oil. Then remove the skin and bones. Chill. Arrange on lettuce. Pour French dressing over, adding a little grated egg yolk if liked.



ANCHOVY SALAD

Remove the bones, heads, and tails of five anchovies. Place upon crisp cress, adding a few small onions chopped very fine and minced parsley. French dressing.



SCALLOP SALAD

Place the scallops in salted water for an hour. Then simmer five minutes in clear water. Cut up coarsely. To each cup of scallops add one cup of cut celery. Place upon cress or lettuce after chilling. Serve with mayonnaise.



SMELT SALAD

Boil the smelts. Flake, and to each cup of meat add one-fourth cup diced and drained cucumber. Mix in mayonnaise and serve on cress.

LOBSTER SALADS

I. Boil the lobster twenty minutes. When cold pick out the meat and cut in small pieces. Mix with mayonnaise. Chill and serve on cress. Minced green pepper may be added to the dressing.

II. Cut the meat of a boiled lobster in small pieces. Marinate in French dressing. Add to each cup of lobster one cup of celery cut up fine and thoroughly chilled. Mask in mayonnaise and serve on cress.

III. Carefully remove the flesh from the shell of a boiled lobster. Keep the shell of the body and the tail intact. Cut the meat in small pieces and add a cup of finely cut celery to each cup of meat. Marinate in French dressing. Chill for an hour. When ready to serve, place the chilled lobster shell on lettuce and put the mixture into the shell. Garnish with mayonnaise and lobster coral. After drying the coral, pass it through a fine sieve. Serve very cold.



MOCK LOBSTER SALAD

One and one-half pounds halibut steak, teaspoon salt, onion juice, small piece of bay leaf, four tablespoons mayonnaise, capers and olives cut in rings. Mash and cook the halibut for twenty minutes, adding the salt and bay leaf. Remove skin and bone, flake, and chill. Then add the mayonnaise and decorate with olives and capers.

TUNA FISH SALADS

I. Shred the fish flakes with a silver fork and add an equal amount of finely shredded celery. Serve with French or mayonnaise dressing. Olives may also be added.

II. Add one cup of flaked tuna fish to one-half cup of celery cut very fine. Chop two hard-boiled eggs and one can of pimentos very fine. Mix all ingredients and marinate in French dressing. When serving, pour a little onion juice or onion salt over all. French or mayonnaise dressing.

III. Serve a mixture of tuna fish, celery hearts, olives cut in rings, masked in mayonnaise or marinated in French dressing, in tomato cups. Place heart stalks of celery in center of salad.

IV. Two cups tuna fish, one cup finely shredded white cabbage, one hard-boiled egg, chopped, one tablespoon chopped red pepper. Decorate with olives cut into rings.

V. Tuna fish salad may be served upon a bed of tomato jelly, or decorated with cubes of the jelly, or served in red or green pepper shells.

VI. Tuna fish absorbs a large amount of dressing. French, mayonnaise, or a boiled dressing may be used.

One cup tuna fish, one-fourth cup green skinned apples; cut into dice. Marinate in French dressing. Cream mayonnaise.

VII. One cup tuna fish, and the same amount of grapefruit pulp, shredded fine. Add chopped red pepper for color. Use lemon juice in the mayonnaise. Serve in grapefruit cups or baskets. A bow of tulle is very pretty to use when entertaining.

VIII. One cup tuna fish, flaked, one-fourth cup apples cut fine, using green apples. Pour lemon juice over the apples and add to the fish. Marinate in French dressing thirty minutes. Then add one cup of crisp celery cut fine.

Tuna fish absorbs dressing readily. Mayonnaise, French, or boiled dressing is used.

IX. Tuna fish salad may be served on slices of tomato or cucumber, using French dressing made with lemon juice.



OYSTER SALADS

I. Lay the oysters in salted water for twenty minutes. Then cook for five minutes in clear water. Cut up coarsely and mix with celery and a few mushrooms. An equal amount of celery and oysters may be used. Serve very cold with mayonnaise.

II. Parboil one pint of oysters. After draining and cooling, remove all muscles. Cut two grapefruits in half crosswise, remove the pulp, drain the juice. Mix the pulp with the oysters, and season with tomato catsup, Worcestershire sauce, tobasco sauce, and salt to taste. Serve in the grapefruit cups.



SALAMAGUNDI SALAD

Soak three Holland herring over night. Cut into small pieces before soaking. Add a chopped chicken breast, some left-over roast veal, three hard-boiled eggs chopped fine. Season to taste with onion, salt and pepper. Mix in French dressing. Chill. When serving, pour a little more French dressing over all.

SHAD ROE SALADS

I. Drop a shad roe into boiling water. Add salt and two tablespoons vinegar. Simmer slowly for twenty minutes. Drain and cool. When cold, cut into cubes and marinate in French dressing. Peel and slice a cucumber. Arrange the slices on a bed of lettuce. In the center pile cubes of shad roe. Chill thoroughly and serve with mayonnaise.

II. Boil the shad roe as directed above. When cool, cut up and add one-fourth the amount of finely cut celery, and one-fourth cup of diced beets. Serve with mayonnaise. Vinegar from the pickled beet jar may be used in the dressing.



HALIBUT SALADS

I. Steam halibut steaks until tender. Remove the skin and bones and flake the meat. Add half the quantity of finely shredded celery. Serve with mayonnaise.

II. Prepare the halibut steaks as directed above. Add to each cup of meat one-fourth cup diced cucumber and one-fourth cup chopped celery. Serve with French dressing seasoned with onion.



HERRING SALADS

I. Cut into small pieces skinned and boned smoked herring. Mix with two cold boiled potatoes chopped fine, two tart apples chopped, and three hard-boiled eggs. Mix with French or mayonnaise dressing. Garnish with diced beets and place a tablespoon of beets on top of the salad.

II. Soak three Holland herrings over night. Cut in small pieces before soaking. Cook and peel eight medium-sized potatoes. When cold, dice them, together with two small cooked beets, two onions, a few tart diced apples, a little left-over roast veal, and three hard-boiled eggs. Serve with French dressing, adding mustard if liked.

Fish salads may be decorated with a border of rice, which also increases the food value of the salad; also with capers, olives, hard-boiled eggs, lemon slices, tomato jelly cubes, and parsley.

Egg Salads

Egg salads are best suited for luncheon salads, or meals without meat.

STUFFED EGG SALADS

I. Cut hard-boiled eggs in two lengthwise. Remove the yolks and mash to a paste, seasoning with salt, pepper, and onion. Then return to the shells. Serve with French dressing made with pickled-beet vinegar. Garnish with dark nasturtium blossoms.

II. Remove the yolks. Mix them with fish or meat minced finely, and season. Pour French dressing over. Cut a thin slice from the bottom of the white shells and fill them with the mixture. Sprinkle with parsley. Place upon cress or lettuce.

III. Remove the yolks of hard-boiled eggs and mix with cream cheese and mayonnaise. Place mixture into shells and serve with French or mayonnaise dressing.



PINK EGG SALAD

Boil a sufficient number of eggs. Place them in pickled beet vinegar until they are the desired color. Then arrange the eggs in the center of salad plate on crisp lettuce or cress. Surround with a ring of diced beets and sliced olives.

EGG BALL SALAD

Remove the yolks of hard-boiled eggs; cut in two lengthwise. Make a paste of the yolks, mixing with pounded sardines and a little cream. Season with salt and pepper. Shape into balls. Shred the whites and lay them upon lettuce. Drop the egg balls in the center and pour French dressing over all. The whites may be marinated in French dressing.



BACON EGG SALAD

Fry bacon until crisp. Then mince it. Mix with yolks of hard-boiled eggs into a paste, adding a little cream or butter. Shape into balls. Pour French dressing over and chill. When ready to serve, roll the balls in minced parsley. The egg whites may be shredded finely and used as a bed to lay the yolk balls on. Marinate the whites in French dressing.



DEVEILED EGG SALAD

Mix a half pound of cream cheese with the yolks of six hard-boiled eggs. Add a few chopped capers, a little mustard, and salt and pepper to taste. Stuff the white shells with this mixture and place upon cress or lettuce, pouring French dressing over all.



SIMPLE EGG SALAD

Chop hard-boiled eggs and place upon lettuce leaves that have been dipped in French dressing. Serve with a boiled dressing.

SPANISH EGG SALAD

In cooking eggs for salads, remember to put them in cold water as soon as they are removed from the saucepan in which they have been cooked; otherwise the outer part of the yolk will be dark.

Cut hard-boiled eggs in halves and place them at intervals on crisp lettuce in between stuffed olives and a few tomatoes cut into quarters.



EGG AND PEPPER SALAD

Place crisp lettuce leaves upon salad plates. Sprinkle with chopped green pepper. Then chop two hard-boiled eggs for each person to be served. Lay these over the peppers and serve with French dressing.

Nuts are too heavy food for a salad unless used for the substantial part of the meal.

Nut Salads

WALNUT AND ALMOND SALAD

Shred an equal amount of walnuts and almonds that have been blanched, adding one-half the quantity shredded or broken pecans. Cream mayonnaise.



ALMOND AND OLIVE SALAD

One cup blanched almonds. Shred them and add one cup of finely cut celery and one dozen large olives sliced. Mix and chill. Mayonnaise.



PEANUT SALADS

I. Shell one pound of roasted peanuts. Halve the nuts and pile them on crisp cress. Marinate in French dressing.

II. Soak two cups of peanuts in olive oil for an hour. Drain, and add two cups finely cut celery. Chop fine one dozen large olives and a few pimentos. Toss in mayonnaise and serve very cold.

III. Grind peanuts and mix the paste with mayonnaise. Serve upon lettuce or upon thin slices of tomato with more mayonnaise on top.

NUT JELLY SALAD

Prepare a gelatin jelly of any desired flavor according to the directions on the package, and pour into molds. When it is stiff enough to stand, sprinkle thickly with nut meats. Garnish with squares of currant jelly.



NUT AND BREAD SALAD

One cup walnut meats, one-half cup pecan meats, one cup of bread crumbs. Mix the bread crumbs with one-half cup of sweet cream. Have the nuts well salted. Mix all the ingredients and serve with French dressing.



CHESTNUT SALAD

Chop sweet peppers very fine. Mix a cream cheese with a little sweet cream and add any desired amount of the chopped peppers. After dividing into small pieces, shape them to imitate open chestnut burrs and arrange upon lettuce. Then place chestnuts that have been boiled until tender into the cheese burrs. The cheese should be rolled in cracker dust that has been browned a little. Marinate in French dressing and serve with mayonnaise.



BRAZIL NUT SALAD

Shred celery. Shred Brazil nuts. Cream dressing.

Salads are growing more popular each day.

Cheese Salads

CHEESE AND TOMATO SALAD

Slice ripe tomatoes thinly and sprinkle with grated cheese. Serve with French dressing.



CHEESE AND OLIVE SALAD

Moisten Neufchâtel cheese with a little cream. Add chopped olives and shape into balls. Season with a little mustard if liked. Pour French dressing over and garnish with diced pickled or boiled beets.



CHEESE AND PEPPER SALAD

Allow one minced pepper to each Neufchâtel cheese. Moisten with a little cream. Shape into balls. Pour French dressing over and chill thoroughly. Cream cheese may be used.



CHEESE AND VEGETABLE SALAD

Beat a cream cheese with cream until soft. Chop cold boiled beets very fine and add an equal amount of minced canned peas. Add any desired amount of this mixture to the cheese and shape into dainty balls or flat cakes. Serve on cress with mayonnaise, adding a few minced olives to the dressing.

SPRING SALADS

I. Shape cottage cheese into dainty balls. Dice and fry a little bacon. Chill. Then place the cheese balls on dandelion greens and sprinkle the bacon over. Pour over all a dressing made of strained bacon fat, salt, vinegar, and pepper to taste.

II. Two cups of cottage cheese, half cup finely chopped or ground peanuts, teaspoon onion juice or grated onion, salt to taste, and a dash of paprika. Serve upon cress with French dressing after shaping into dainty balls.

III. Three-fourths cup cold boiled spinach, one cup of cream cheese, and yolks of four hard-boiled eggs. Mix these into a smooth paste and shape into dainty balls. Chill and serve on a bed of shredded cabbage, lettuce, or cress, with French dressing.



BIRD'S NEST SALAD

I. Mold cream cheese into egg shapes. Fleck with paprika. Serve in lettuce cups with French dressing.

II. Add a little green coloring to cream cheese. Either spinach or parsley finely minced will answer for this purpose. Color just a very delicate green. Mold into egg shapes and fleck with either black or red pepper. Place upon shredded lettuce, five in a nest.

III. Make nests of cooked spinach and pour French dressing over. Take Neufchâtel cheese and mold into egg shapes. Fleck with paprika. In the spinach nest place shredded cabbage. Then place the cheese eggs upon this. Serve with French dressing.

CHEESE AND BAR-LE-DUC JELLY SALAD

Small balls of cream cheese. Add a little olive oil if necessary to make the balls. Cover top with Bar-le-Duc jelly. Currant may be substituted. French dressing. Pounded almonds may also be added to the cheese.



CHEESE AND FRUIT SALAD

Five dates, three figs, one-half cup nut meats chopped, one cup cream cheese, teaspoon lemon juice, pinch of salt. Mix to a paste and form into balls. Serve four to each person with cream mayonnaise for luncheon, otherwise French dressing.

Salads at any time of the year are refreshing and stimulating.

Jellied Salads

Molded salads have a beauty of line as well as bright color in their depth of shadow, and a suggestion of richness that gives a satisfying charm to them at any season; but in the warm season they are particularly attractive. Salad jellies are not only dainty to serve, both as a salad and for decorating salads, but they are much to be desired from an economic standpoint. They furnish an excellent and attractive way to utilize all sorts of leftovers that otherwise would be thrown away. Mayonnaise may be served with any jellied salad.



CHEESE JELLY SALAD

Dissolve one ounce of gelatin in a little cold water. Add one-half pint of heavy cream, one cup of grated cheese, twenty-four olives cut in rings, one-fourth teaspoon each of celery salt, cayenne pepper, dry mustard and salt, chopped pimento, and one-half cup chopped nuts. When this begins to solidify, stir well so that none of the ingredients will be settled in the bottom. Pour into molds and serve with French cream dressing.

BEET JELLY SALAD

Slice cooked beets. Place in a mold. Dissolve one and one-half tablespoons gelatin. Then add two whole olives, two allspice, and two crushed bay leaves, one teaspoon salt, one-fourth cup sugar, one-half cup vinegar. Cook five minutes and strain. Pour this over the beets and let harden. Boiled dressing.



TOMATO JELLY SALADS

I. Two cups tomato pulp, one clove of garlic, one slice of onion, one bay leaf, and two cloves. Boil fifteen minutes. Then strain. Soak one-half box of gelatin in one-half cup cold water. When soft add one-half cup of hot stock or a cup of beef extract. Stir until dissolved. Then add the strained tomato juice, four large olives sliced, and the rings of hard-boiled eggs. Turn into individual molds and chill. Serve with mayonnaise. Garnish with strips of green pepper. A little shredded celery may also be added.

II. Soak one-half package of gelatin in one-fourth cup cold water. Add one and one-half cups hot strained tomato juice, the juice of two lemons, four tablespoons sugar, one-eighth teaspoon salt, and a little onion juice. Moisten an aluminum baking pan with olive oil and pour this mixture in an inch thick. When thoroughly chilled, cut into cubes and serve with mayonnaise. Garnish with shredded green pepper.

QUICK TOMATO JELLY SALAD

I. Dissolve one-fourth cup gelatin in one-fourth cup cold water. Add one-half cup boiling water and one cup of hot chili sauce. Serve with French or mayonnaise dressing.

II. Soak one-half box of gelatin in one-half cup water. When dissolved, add two cups hot strained tomato juice and one cup of water, adding salt, pepper, vinegar, and minced onion to taste. One cucumber pickle may be added or chopped olives. Green peas will garnish tomato jelly salads nicely.



POTATO AND TOMATO JELLY SALAD

Two medium-sized potatoes, boiled and diced, one-half cup peas, one cup of button mushrooms, and one-half cup of celery hearts chopped very fine. Serve this in a ring of molded tomato jelly.



RED AND GREEN JELLY SALAD

Prepare a tomato and cucumber jelly. Moisten a mold with olive oil and cover the bottom with half tomato and half cucumber jelly. When this is set, add a mixture of finely chopped tomatoes and cucumbers masked in mayonnaise. Have the mixture well drained and chilled. Then add another layer of gelatin and so continue until all the material is used. The two jellies may be mixed before pouring into the mold, if preferred.

RED AND GOLD JELLY SALAD

Dissolve a chicken or beef bouillon cube in a pint of boiling water, and add two tablespoons of gelatin. Pour a little into a mold moistened with olive oil. When set, add one cup of chopped pecan meats and one can of pimientos finely shredded, and one cup of seeded white grapes. When a square mold is used, serve in slices. Cream mayonnaise or cream French dressing may be used.



CHILDREN'S SALADS

March Hare Salad

Prepare a chicken jelly. Hare molds may be procured at house-furnishing stores. These are moistened and the jelly poured in. Mayonnaise.

Egyptian Salad

Cut chicken jelly with a dromedary cookie cutter. Serve with French or mayonnaise dressing without mustard.



CELERY AND TOMATO JELLY SALAD

Two cups strained tomato juice, one tablespoon onion juice, one-eighth teaspoon celery seed, and one stalk of celery chopped very fine. Let this mixture boil for one minute. Then remove the celery. Soak one-half package gelatin in one-half cup cold water. Then boil for one minute. Strain the tomato juice again, adding the juice of a lemon. Add this to the gelatin, and when it begins to thicken stir in one-half cup of finely shredded celery. Turn into molds and serve with mayonnaise, garnish with celery.

ASPARAGUS SALAD IN TOMATO JELLY

Soak one-fourth package gelatin in one-fourth cup cold water for ten minutes. Take two cups tomato pulp, one teaspoon sugar, teaspoon chopped onion, one bay leaf, and a teaspoon chopped parsley. Season with salt and pepper. Simmer fifteen minutes and strain. Line molds with asparagus tips. Add the tomato juice to the gelatin, and when it begins to thicken pour over the asparagus tips and chill.



CHICKEN JELLY SALAD

Use one-half package of gelatin. Soak in one-half cup cold water. Then add one cup of boiling water and two cups of chicken broth. When this begins to thicken add broken nut meats. Turn into molds and serve with mayonnaise.



CHICKEN SALAD IN TOMATO JELLY

Prepare a tomato jelly. Turn into border molds. When ready to serve, turn upon lettuce. Fill the centers with chicken salad, and serve with mayonnaise.



SHRIMP SALAD IN TOMATO JELLY

Prepare a tomato aspic. When this begins to thicken, stir in lightly an equal amount of shrimp broken in small pieces, and diced cucumbers that have been well drained and chilled. Turn into molds and serve with mayonnaise.

This may be varied by using peas and cucumbers and chicken jelly instead of tomato. Or with using celery, cut fine, and pecan nut meats.

CUCUMBER JELLY SALAD

Chop cucumbers fine. Season to taste with pepper, salt, and vinegar. Save all the juice. Soak one-half package gelatin in one-half cup cold water for ten minutes. When dissolved, add two cups of cucumber pulp. Turn into border molds, and when ready to serve place a fish salad in the center. Mayonnaise.



CHERRY AND PICKLE JELLY SALAD

Cut olives into rings, pickles into strips, and oranges into fine bits. Pour dissolved gelatin over this.



NEW ENGLAND JELLY SALAD

Cube cooked sweetbreads, add as many asparagus tips as liked, cut into bits, and mask the two in mayonnaise. Pour dissolved gelatin over and serve with mayonnaise. For luncheon or Sunday-night supper.



DATE JELLY SALAD

One pound of dates. Pit the dates. Pour hot water over for a minute. Then chill and fill cavity with nut meats. Into a mold pour a thin layer of orange jelly. Cover this with the dates and finally with strawberry jelly. Cream fruit dressing.

FIG JELLY SALAD

Soak half box of gelatin in a cup of cold water. Then mix in one-fourth cup stoned dates, four or five figs sliced, one-fourth cup raisins, one orange rind grated, pulp of one orange, and six nut meats cut fine. Then add one and one-half cups of water. Let cool and chill. Cream dressing.



ORANGE JELLY SALADS

I. Soak one-half package gelatin in one-half cup cold water. Then add one cup boiling water, the juice of one lemon, and two cups of orange juice. Serve in orange cups or baskets with cream dressing.

II. Make an orange jelly as directed above. When thoroughly set and chilled, cut into cubes and mask in cream mayonnaise. Serve in orange cups or baskets.

Sugar may be added to the jelly and dressing for both salads if liked.

III. Soak two tablespoons gelatin in a cup of cold water for ten minutes. Peel six oranges. Mince the orange pulp, draining the juice. Add a cup of sugar to the gelatin, then two cups of boiling water. Place this over the fire and let it boil one minute. Remove from stove, add the orange pulp, and the juice of two medium-sized lemons. Moisten individual molds with olive oil and turn the mixture into them. Set aside to cool, and then chill.

GRAPEFRUIT JELLY SALAD

Half package of gelatin soaked. Pulp of three grapefruit, one lemon. Sweeten to taste, and add one-fourth can pimentos. Make a liquid mixture of the fruit juices. Heat to boiling point, adding a little water. Cool and pour over the fruit pulp. When stiff unmold and serve with cream dressing. Enough water is added to the fruit juice and gelatin to make a quart.



CHERRY-DATE JELLY SALAD

Two cups cherry juice, juice of one lemon. Sweeten to taste. Dissolve two tablespoons of gelatin in cold water. Have the fruit juice hot, also add one cup hot water and one cup of stoned dates. Pour into mold. Decorate with cherries, lemons. French dressing.



STRAWBERRY JELLY

Add one-half package of gelatin to one pint of hot strawberry juice, and pulp sweetened to taste, to which the juice of one lemon has been added. Then prepare an orange jelly. As soon as each jelly is prepared, pour a little in sherbet glasses using the green jelly first, then the strawberry, and lastly the orange. Chill thoroughly and serve with cream mayonnaise. Decorate with yellow and pink rose petals.

CHERRY JELLY SALAD

One pint or two cups of cherries and juice either fresh or canned sugar to sweeten and the juice of one lemon. Have cherries and juice hot enough to dissolve one-half package gelatin. When cool pour into molds in layers, alternating cherries with the jelly if desired. If considerable pulp is used, more cherries will not be needed.

A lemon jelly may be used, pouring a layer of it into the mold and then a layer of drained and chilled cherries.



LEMON JELLY SALAD

Soak one-half package gelatin in half a cup water (cold). Then add one cup of boiling water, two cups lemon juice, sweetened to taste. Turn into molds and chill. The grated rind of a lemon may be added to the lemon juice two hours before using, then strained.



GRAPE JELLY SALAD

Use one-half package of gelatin to one pint of grape juice and pulp, adding the juice of one lemon and sugar to taste and one cup of hot water.



APRICOT JELLY SALAD

This is prepared the same as the above salad, substituting fresh peeled and crushed apricots and their juice for the pineapple. Decorate with raspberries, using their juice in the dressing. The jelly may be flavored with apricot or peach brandy.

PINEAPPLE JELLY SALAD

Add two cups of pineapple and juice to one-half package dissolved gelatin. Then add one-half cup hot water. Sweeten to taste, adding a little lemon juice. Stir well and pour into molds, adding a few maraschino or preserved cherries. French dressing.



ROSE JELLY SALAD

Rose molds are moistened with olive oil and a strawberry jelly is poured in. An orange jelly is prepared for the centers and added when serving. Add a little rose water to the whipped cream used in the cream dressing which is served with this salad.



LILY JELLY SALAD

Prepare an ivory jelly by dissolving one-half package of gelatin in half cup cold water. Add this to two cups of hot milk and one cup of sugar. Add a little rose water for flavoring and a few grains of salt. Have lily molds moistened with olive oil and pour the jelly in. Set aside to cool and then place in the refrigerator to thoroughly chill. Serve with white mayonnaise. Decorate with lily leaves or leaves that resemble the lily leaf.



AVERAGE FUEL VALUE OF FRUITS

Calories per Pound		
Apples	300	Muskmellons175
Apricots	265	Oranges230
Bananas	440	Olives.390
Cherries	335	Peaches.180
Cranberries	220	Pears160
Currants.	215	Persimmons635
Figs	400	Pineapples.190
Grapes	460	Plums.395
Huckleberries	325	Prunes.360
Lemons	200	Raspberries245
		Strawberries170
		Watermelons130
		DRIED FRUITS
		Apples1,250
		Apricots1,275
		Dates1,595
		Figs1,505
		Raisins1,595
		Prunes1,390

Fruit Salads

The fruit salad is modern, and it is only a real salad when it is served with a true salad dressing. Be sure to have fruit salads well drained. Fruit salads should be prepared two hours before serving.



CHERRY SALADS

I. Stone large, sweet cherries, and insert a blanched peanut in the seed cavity. Serve with a cream dressing to which ground or chopped peanuts have been added. Garnish with unstemmed cherries.

II. Wash two cups ripe, dark red cherries. Remove the seeds and fill the seed cavity with chopped nut meats. Pour over them a dressing made of equal parts of cherry and lemon juice. Sugar may be used to sweeten dressing if liked.

III. One pint of large canned cherries, blanched and shredded almonds. Stone the cherries without breaking them too much; then mix them with the almonds and dressing. Arrange the lettuce around the edge of the salad plates and place the salad in the center. A delicious dressing for this salad is made of four tablespoons of olive oil, one tablespoon lemon juice, one teaspoon sherry wine, a little sugar, salt and pepper.

IV. Arrange drained canned cherries, glacé cherries, or fresh cherries when in season, in the center of salad plates. Surround with slices of oranges. Serve with French dressing.

V. Stuff large cherries with filberts, hazel nuts, or a mixture of chopped nut meats. Almonds may be used.

VI. Chill unstemmed cherries. Place upon crisped lettuce. Serve with a tablespoon of cream dressing on the side. The cherries are lifted by the stem and dipped in the dressing as eaten.

VII. Serve stoned cherries in orange cups. Remove the pulp after cutting the oranges in halves, and strain the juice. Chill the cherries thoroughly. Make a dressing with equal parts of lemon, orange juice, and oil, adding a pinch of salt.

VIII. Cut marshmallows in quarters and add one-fourth cup of drained canned cherries or fresh stoned cherries. Sprinkle generously with chopped nut meats. Pour over a little French dressing made with lemon and cherry juice, and chill. Serve with cream French dressing. Decorate with frosted mint leaves.

IX. Place stoned cherries, either fresh or canned, upon lettuce in the center. Surround with a circle of sliced bananas and finely cut pineapple. French dressing is used, a little paprika may be added if liked. Rose water may be used to flavor dressing.



BLACK CHERRY SALAD

Stone and stuff with seeded raisins or almonds. Cream fruit dressing.

ORANGE SALADS

I. Place slices of orange upon crisp cress. Use sherry in French dressing instead of vinegar. Serve very cold.

II. Peel sour oranges, cut in slices, sprinkle with pecan or walnut meats, chopped. Serve with French dressing made with lemon juice. An appropriate salad for fowl or game.

III. Cut three large oranges into small pieces. Cover with fresh cocoanut cut into cubes. Sprinkle with chopped or broken nut meats and French dressing. Chill and serve with cream French dressing. Decorate with cherries.

IV. Wash the oranges and dry thoroughly, allowing one orange for each person to be served. Cut a slice from each orange, leaving about two-thirds of the orange. Remove the pulp and cut it up fine. Shred half the amount of tender celery. Mix and add one teaspoon of cooked or canned peas, one teaspoon diced, boiled, or pickled beets, and a teaspoon chopped nut meats. Toss this mixture in cream and fill the orange cups.

V. Pare, core, and slice sound apples. Slice an equal amount of sweet oranges. Place alternate layers of oranges and apples upon lettuce and pour over a dressing made of equal parts of lemon and maraschino.

VI. Pulp of four oranges, two bananas in dice, and one cup quartered marshmallows. Cream dressing.

VII. Pulp of two oranges, pulp of one lemon, add canned cherries or red raspberries. Have all fruits well drained. Sweet dressing.

VIII. Cut large oranges in halves. Mince the pulp saving the juice. Add to each half cup of minced orange pulp one teaspoon of finely chopped mint. Serve with French dressing, using equal parts of lemon, orange juice, and sherry wine. Decorate with mint leaves, either fresh or crystallized.



TANGERINE SALAD

Peel and quarter tangerines. Pour over them a little sherry wine, adding sugar to taste. Serve with French dressing, omitting pepper. Serve with fowl or game.



PINEAPPLE SALADS

I. Place a slice of canned or fresh pineapple on lettuce leaves. Fill the center of the canned pineapple with cream cheese mixed with a little chopped pimento. Sprinkle with celery salt. French dressing. Roquefort may be used if liked.

II. Drain and cut up fine one can of pineapple. Shred tender lettuce. Use one-fourth as much of the lettuce as pineapple. Decorate the top with cherries and broken nut meats. Chill and marinate in French dressing.

III. Sprinkle pineapple that has been cut up finely, with nutmeg and sugar. Pour French dressing over and chill. Place a pimento cheese ball in the center of the salad. Pimento cheese is made by pounding fine half a can of pimentos and mixing with two cakes of cream cheese.

IV. One cup shredded pineapple, one-half cup finely cut tender celery, one teaspoon shredded red pepper. Mix and add one tablespoon broken nut meats.

V. Lay shredded pieces of pineapple on crisp lettuce. Sprinkle with grated cheese. Nuts may be added to dressing. Sliced stuffed olives may be used to garnish pineapple salads.

VI. Mix two cups of shredded pineapple and one cup finely cut celery.

VII. Mix equal parts of shredded pineapple, bananas cut in small pieces, and sections of tangerines. Pour French dressing over all and a dash of paprika. Marinate two hours.

VIII. Shred one cup of canned pineapple or fresh pineapple very fine and drain. Cut up celery very fine. Use one cup celery to each cup of pineapple used. Sprinkle with lemon juice after mixing, adding one third cup of blanched peanuts ground or chopped.

IX. Dissolve two tablespoons of gelatin in one and one-fourth cups hot pineapple juice. Cool and add juice of one lemon and one cup of white grapes that have been seeded and skinned. Then add one can of shredded pineapple pulp. Drain well. Mix all the ingredients and pour into molds.

X. Place a slice of pineapple on plate. On this lay a half peach, hollow side down, in the center. Orange dressing.



PINEAPPLE AND RAISIN SALAD

Two cups shredded pineapple, one cup of seeded raisins. Place upon shredded lettuce. French dressing with lemon juice.

RAISIN SALAD

Boil one cup of raisins fifteen minutes after soaking them a couple of hours. Cool and drain. Add one-half the quantity of shredded tender celery and the same amount of diced apples as celery. Sprinkle with lemon juice. Add two tablespoons chopped lemon peel.



PINEAPPLE AND DATE SALADS

Stone dates, and place in a circle over a round of pineapple. French dressing with pineapple juice.



PINEAPPLE AND FIG SALAD

Over slices of pineapple lay a circle of stewed or fresh figs. Or chop the dates with Brazil nuts and a few brandied cherries. Cream dressing.



PATRIOTIC PINEAPPLE SALADS

I. Lay pineapple pulp or slices in huckleberry juice flavored with lemon. When ready to serve, add quartered marshmallows and surround with red currants or any red berry in season.

II. Lay pineapple in cherry juice. Cover the top when serving with tender celery hearts; or, if not obtainable in July, finely shredded cabbage, if white and tender, can be used, first pouring hot water over for a minute, then chilling. Decorate with a blue flower or blueberries. Boiled cream dressing is served in a separate dish.

GRAPEFRUIT SALADS

I. Spoon out the pulp of one grapefruit. If large, this is sufficient for two. Serve with French dressing. A very cooling and appetizing salad for a heavy dinner.

II. Pulp of one grapefruit and the pulp of two oranges; the juice of both fruits may be used in the French dressing served with this salad.

III. Serve grapefruit pulp marinated in French dressing in grapefruit cups. Cover top with red gelatine. Cream dressing. Pineapple or orange dressing may be used also.

IV. Two cups grapefruit pulp and one cup finely shredded celery. Nut meats may be added. Serve in pepper shells, after marinating in French dressing.

V. Mix red currants with grapefruit pulp. French dressing.

VI. Grapefruit pulp. Marinate in French dressing. When serving, pour over lemon juice and sherry wine.

VII. Sweeten grapefruit pulp. Add a little shredded pineapple, and tart apple cut fine, soaking the apples in lemon juice before adding. A little sherry may be added. When in season, decorate top with mashed strawberries or quartered large strawberries.

VIII. Shred grapefruit with a silver fork. Place a layer of it over thin slices of tomatoes. Pour French dressing over, using lemon juice. Decorate with olives or green or red pepper.

IX. Combine equal parts of shredded grapefruit and shredded peaches or peaches cut in strips. Place upon cress. Cream dressing.

X. Take out the sections, being careful to remove all the white, bitter skins. To one cup of grapefruit, after it is thus prepared, add one-half cup of nut meats broken or chopped. Serve in grapefruit cups or baskets with French dressing made with lemon juice.

XI. Cut one grapefruit and two oranges in sections and free from seeds and membrane. To this add one cup of celery cubes. Break up one-third cup walnut meats. Mix and arrange upon crisp lettuce.

Maraschino may be poured over plain grapefruit salads.



WATERMELON SALADS

I. After cutting watermelon into cubes or pyramids, sprinkle with a little cinnamon or nutmeg. Pour a little orange juice over and chill. Drain well and serve with cream French dressing.

II. Remove the seeds and cut into cubes. Pour over a dressing made with sherry wine. After draining the watermelon, sprinkle with a little salt or sugar before adding the dressing.

III. Mix cubes of watermelon with an equal amount of diced apples. Marinate in French dressing made with sherry wine or cherry juice. Sprinkle with sugar and a dash of cinnamon or a grating of nutmeg. This salad may be used as a patriotic salad by garnishing with huckleberries or blue plums stoned or cut in halves. Use the small plums.

Watermelon may also be served with an equal quantity of chopped tomatoes. Drain both well and have them thoroughly chilled.

IV. Use an equal amount of watermelon and canteloupe pulp cut into cubes. Use a firm canteloupe. Drain both well after chilling and serve with plain French dressing or add raspberry vinegar.

V. Place cubes of peaches in the center of salad plates. Surround with cubes of watermelon. Chill and drain well. Serve with French dressing, using equal parts of lemon juice and maraschino.



CANTELOUPE SALADS

I. Chop canteloupe pulp and add an equal amount of chopped tomatoes. Sugar and salt may be sprinkled over if liked. Marinate in French dressing. Serve very cold and well drained.

II. Equal quantity of canteloupe cubes and peaches cut in cubes. Decorate with cherries.

III. Take as many iced canteloupes as you need and cut the pulp into inch squares. Pour over these French dressing and chill. Place back into shells. Garnish with halved fresh or maraschino cherries.

IV. Dice canteloupe pulp and mix with an equal amount of diced bananas. Pour lemon juice over. French dressing or a sweet dressing when used as a dessert.

V. Dice fresh cocoanut and mix with the same amount of diced canteloupe pulp. Serve with French dressing using either raspberry vinegar or raspberry juice.

VI. Cut the pulp into cones or pyramids and serve with raspberry mayonnaise. Decorate with dark nasturtium blossoms.

VII. Cut canteloupe pulp into balls with a French ball cutter. Arrange upon lettuce and sprinkle with sugar. Use equal parts lemon juice and maraschino in the French dressing and marinate the salad in it.

VIII. Cover one cup of canteloupe cubes with French dressing and chill. At serving time drain and place upon grape leaves. Put a whole red raspberry between each cube. Pour over a cream dressing and put a ring of the berries around the edge.



APRICOT SALADS

I. Pare, stone, and halve perfect apricots. Chill and serve on white lettuce hearts with French dressing. They may be served with a French dressing made of equal parts of apricot juice and maraschino.

II. Halve perfect apricots and fill the seed cavities with a mixture of cream cheese and pecan nut meats.

III. Chop apricots and sprinkle with half their quantity shredded almonds or other nut meats. Raspberry juice is added to the French dressing used.

IV. Halve and stone perfect apricots. Chop pecan or almond nut meats fine and add an equal quantity of raspberry jam or crushed fresh red raspberries. Fill the cavities with this mixture and marinate in French dressing. Serve in sherbet

glasses on salad plates. Garnish plate with yellow pansies having purple centers or with entire purple pansies, either fresh or candied. Place the flowers upon small fern leaves. Serve with cream mayonnaise.

V. Stuff the seed cavity of halved apricots with quartered maraschino cherries and chopped nut meats. French dressing may be used, adding orange or apricot juice or apricot brandy. Decorate with pansies. All apricot salads may be decorated with pansies.



APRICOT AND PLUM SALAD

Slice an equal quantity of apricots and plums, after paring them. Marinate in French dressing and serve with cream fruit dressing.



APRICOT AND PRUNE SALAD

Stew one cup of prunes and the same quantity of dried apricots, changing the water three times. Then cover again with cold water and add a cup of sugar. When cool, stone the prunes. Mix in a little French dressing after cutting up both the prunes and apricots. Sprinkle with nut meats and serve with a cream dressing.



STRAWBERRY SALADS

I. Place romaine leaves upon salad plates. Put large, hulled strawberries on this and pour over a French dressing to which has been added one-half teaspoonful of finely chopped truffles and the same amount of pistachio nuts, finely chopped.

II. Hull and wash a pint of strawberries. Add a few stoned cherries. Cover with sugar and chill. When serving, sprinkle with cubes of fresh cocoanut. French cream dressing.

III. Select tender lettuce hearts. Wash thoroughly and crisp. Hull and wash the strawberries. Cover them with sugar and chill two hours. Place upon the lettuce and serve with a French dressing made of equal parts of strawberry and lemon juice, adding cream if liked.

IV. Hull and wash strawberries. Stone an equal quantity of cherries. Cover with sugar and chill. Serve with French dressing made with equal parts of strawberry, lemon, and cherry juice.



PEACH SALADS

I. Pare, stone, and halve perfect peaches. Cut them in dice and add one-half the amount of fresh cocoanut cubes. Marinate in French dressing. Serve with French cream dressing and decorate with maraschino cherries. Unstemmed cherries may be used when in season.

II. Prepare the peaches as directed above. Arrange on lettuce and serve with any preferred dressing. Chopped nut meats may be added.

III. Fill the seed cavities of halved pared peaches with pecan nut meats and maraschino cherries cut in quarters. Walnuts may be used instead of the pecans. Serve with any preferred dressing.

IV. Pare and cut peaches in halves, and pack into a casserole adding a half cup water to two cups of peaches, as well as a few bits of lemon peel and a clove. Cover the dish and bake slowly for two hours. Then chill and serve with fruit dressing.

V. Select large Delaware peaches. Plunge into boiling water for a minute or two, then into iced water. The skins will then slip off easily. Cut the peaches in halves, remove the stones and chill. At serving time, melt one marshmallow for each peach. Insert this in the seed cavity and join the halved peaches with very small toothpicks. Cream dressing.

VI. Pare and halve large peaches. Cover with very finely shredded cabbage. Boiled cream dressing. Have the cabbage of fine grain and white. Pour boiling water over for a minute. Then chill.

VII. Cut peaches into cubes, add one-fifth the amount of diced bananas, and the same quantity of quartered marshmallows. Shredded almonds or popcorn may be used instead of marshmallows.

VIII. One cup cooked peaches, one-half cup diced tart apples, and one-half cup of chopped pears. French dressing.

IX. Cook Delaware peaches in a thin sugar syrup. After paring and halving them, then lift out carefully and chill. French dressing is served, using orange and lemon juice. Pecan nut meats may be used.

X. Let halves of peaches lay in cherry juice for an hour. Then use French dressing with cherry juice and crushed nut meats, or broken nut meats sprinkled over.

DRIED PEACH SALAD

Simmer dried peaches until tender. Drain and chill. Cream a tablespoon of butter with three tablespoons cream cheese. Fill the centers of the peaches with this mixture. Nut meats may also be added. Serve with a dressing made with a tablespoon of vinegar, two tablespoons olive oil, and three tablespoons peach juice.



PEACH SALAD IN ORANGE JELLY

Prepare an orange jelly and pour into mold in a thin layer, adding sliced peaches, or peaches cut in strips, before adding another layer of gelatin. Cream dressing.



FROZEN PEACH SALAD

Dredge sliced peaches, or peach strips, with powdered sugar. To each pint of peaches add one cup of milk and the same amount of cream. Turn mixture into a mold or can and bury in crushed ice and salt, using two parts ice to one of rock salt. After six hours, unpack and serve with cream dressing. Peach brandy may be used to flavor.



CRANBERRY SALADS

I. Wash one quart of cranberries and cook until tender in two cupfuls of water. Then add two cups of sugar. Remove from fire. Press the juice through a sieve. Soak two tablespoons gelatin in one-half

cup cold water. Then add the hot cranberry juice and stir until it begins to thicken. Add any desired amount of finely cut celery and chopped nut meats. When cold cut in squares. Decorate top with parsley and celery tops.

II. Cubes of cranberry jelly and diced tart apples make a good salad. French dressing.

III. Cook cranberries in a syrup of equal parts sugar and water. Then add one cup of finely cut celery to each cup of cranberries. Chill and arrange on lettuce. Sprinkle with nut meats and serve with French dressing made with cranberry juice. Heap the center with curled celery and whole cranberries. Olives cut into rings may also be used. When this salad is served as a dessert, cocoanut, shredded, may be used.

IV—Cut the pulp of three oranges fine, also dice or cut two bananas and one-half cup of walnut meats. Cover the fruits with sugar. Over this pour one cup of cranberries that have been cooked and chilled. Use cranberry juice in the dressing.



RASPBERRY SALADS

I. Avoid washing the berries if possible. Cut them in halves and mix with an equal amount of diced bananas. Pour lemon juice over and chill. Place upon grape leaves if they are obtainable and serve with cream dressing. Dot with whole berries. Red raspberries are preferable to the black.

II. Remove the stalks from red currants and put one-third cup in the center of salad plate. Then cover or mix with one-half cup of red raspberries. Before using the currants cover them with powdered sugar. Serve with French dressing.

III. One pint fresh mashed raspberries or one pint of preserved fruit or the same quantity of raspberry juice, the juice of two lemons, one cup sugar, one-half box gelatine, one-half cup cold water. Soak the gelatin in the cold water. When it has soaked ten minutes, add the hot water. When it begins to thicken, add the fruit or fruit juice and turn into molds. Serve with cream dressing and decorate with whole raspberries when in season.



PEAR SALADS

I. Use perfect fruit. Cut off a piece from the stem end. Peel carefully so as not to break the pears. Scoop out half the pulp with a small fruit spoon. Peel, seed, and cut up white grapes. Fill the cavity with these. Place each pear on crisp white lettuce. Serve with cream to which has been added one-fourth its quantity currant jelly. French dressing.

II. Select large pears. Scoop out the centers after cutting in halves. Combine this portion with pecan nut meats and orange pulp cut very fine. Fill the hollows with this. Place each half pear on crisp lettuce. Make a dressing of an equal amount of orange juice and maraschino. Decorate with cherries, or quartered strawberries when in season.

III. Pare, cut in halves, and chill the pears. Serve on crisp lettuce with cream French dressing. Chopped or broken nut meats may be added.

IV. After paring the fruit, cut into quarters. Sprinkle with a little cinnamon. Serve with French dressing made with equal parts of claret and lemon juice.

V. Be careful not to break the stems off the pears for this salad. Pare them and place upon lettuce. Pour over French dressing made with maraschino. Decorate with pear leaves.

VI. Leave the stems on the pears, peel, and marinate in French dressing. Use small pears. Break up cream cheese with a fork and sprinkle lettuce leaves with this. Pour French dressing over. Place the pears in the center and serve with cream dressing.

VII. Peel and slice pears. Add one-half cup of chopped almonds to two cups of pears. Pour over this the juice of two lemons. Serve with French or cream dressing.

VIII. Halve pears after paring them and marinate in French dressing made with fruit vinegar.

IX. Scoop out the centers of ripe pears after paring them, and fill the cavities with a mixture of cream cheese, celery, and chopped nuts. An equal quantity of chopped peaches and pears, marinated in French dressing, and served with cream dressing make a very delectable salad.

BAKED PEAR SALAD

Halve and peel pears. Place in a casserole; to each two cups of pears add one-half cup of water. Then add two cloves and bits of lemon rind. Cover carefully and bake slowly for five hours. Have thoroughly chilled, and serve with cream mayonnaise. Equal parts honey and water may be used instead of water.



PLUM SALADS

I. Pare, stone, and cut up plums, and mix with an equal amount of bananas cut in cubes. Peaches may be used instead of bananas. Cream French dressing.

II. Fill the seed cavity of halved green gages, after paring them, with a mixture of cream cheese and nut meats. Use lemon juice in the French dressing if used. Otherwise use a sweet dressing. Decorate with currants.



DATE SALADS

I. Cut fresh cocoanut into cubes and combine with an equal quantity of stoned chopped dates. French dressing with lemon juice.

II. Pour boiling water over stoned dates and let them boil a minute. Then drain and place in the oven for three or four minutes. When thoroughly heated, cut in strips and serve with French dressing. Cream may be added.

III. Prepare the dates as directed above, chop them or cut in strips, then add one-half the amount chopped pecan, almond, or walnut meats. Sprinkle a tablespoon of grated lemon peel and a dash of ground cinnamon over each cup of dates used; also sprinkle with lemon juice. French cream dressing.

IV. Mix an equal amount of chopped dates and diced bananas. Pour over a little lemon juice and serve with French dressing.

V. Stuffed stoned dates with balls of cottage cheese to which chopped nut meats have been added. Cream French dressing.



BANANA SALADS

I. Chill the required number of bananas. Peel, slice thin, or cut in dice. Serve immediately on crisp lettuce. Use French dressing made with lemon juice.

II. Peel and split the bananas in two lengthwise. Lay both parts on crisp lettuce. Dice tart apples. Place the desired amount on the bananas and serve at once with cream or plain mayonnaise. Put a candied cherry on top. French dressing may be used.

III. Allow one banana for each person to be served. Peel them carefully so as not to break the skins. Cut a half-inch strip off the banana skins at the top. For three bananas chop one stalk of tender celery and one-fourth cup of nut meats very fine. Cut the bananas in dice, mix with the nuts and celery. Toss in mayonnaise. Fill the banana skins with this mixture and serve very cold.

IV. Chill bananas, peel, and dice. Mix with one-fourth the amount of maraschino cherries cut into quarters. Serve with French dressing made with lemon juice.

V. Chill the bananas and cut up in dice. Add a few shredded pimentos. Serve with French dressing.

VI. Cut bananas in four pieces lengthwise. Sprinkle with chopped or ground peanuts. Serve with plain or cream mayonnaise.

VII. Cut bananas lengthwise. Carefully scoop out the centers. Fill with cream cheese and sprinkle with chopped or broken nut meats. Serve with French dressing in which pineapple juice has been used or with a cream mayonnaise adding a little rose water to the cream, which will give a delightful flavor.

VIII. After skinning bananas, divide the skins in halves. Put in each shell a layer of shredded lettuce, then a layer of pineapple. Then fill with sliced bananas turned edgewise. Marinate in French dressing, using lemon and pineapple juice.

IX. Slice bananas and surround with large quartered strawberries. Cream dressing or French dressing with strawberry juice.

X. Cover banana slices with blue grape pulp made by heating grapes, then squeezing pulp through sieve. Nuts may be added. French dressing. Banana salads may be served at luncheon or a light dinner.

VARIOUS BANANA SALADS

Slice bananas very thinly and pour lemon juice over. Then cover with grated pineapple. Marinate in French dressing. Decorate with red berries.

Bananas may be diced and mixed with equal quantity of red raspberries and marinated in French dressing. This should be made of equal parts raspberry and lemon juice.

Chop bananas and peaches, sprinkle with nut meats. Cream fruit dressing.

Peel and cut bananas in halves. Cover with French dressing. Then sprinkle with peanuts. Do not have the bananas too ripe.



APPLE SALADS

I. Mix one cup of diced tart apples with the same amount of shredded cabbage. Season with pepper and celery salt.

II. Scoop out the centers of light green apples. Fill with a mixture of diced apples, celery cut very fine, and a teaspoon of crisp popcorn. Place upon grape leaves. When red apple cups are used, they may be served upon lettuce and garnished with nasturtiums.

III. Pare and core firm sweet apples. Cut into slices one-fourth of an inch thick. Place upon lettuce. Sprinkle with lemon juice and broken walnut meats.

IV. Dice five medium-sized tart apples. Chop one-half pound of walnut meats. Mix, and serve with cream dressing.

V. Core and cut apples in halves and fill the cavities with cream cheese, a little crystallized ginger, orange or lemon peel, and grated or finely chopped nut meats. Pour a little strained honey over and marinate in French dressing. When serving, add cream to French dressing. Each half apple is cut in five or six slices. In apple-blossom time, decorate with the blossoms, placing the salad upon bare plates. Crystallized rose petals may be used, or, in rose season, fresh roses.

VI. Scoop out the centers of tart apples. Then pare them carefully and pour lemon juice over. Fill with a mixture of chopped celery hearts, cold boiled carrots, finely chopped apple and nut meats. Serve with cream French dressing.

VII. Core a sufficient number of bright red apples. Then cut in thin slices. Sprinkle each slice with cream cheese and chopped nut meats masked in cream dressing. Then place the slices one on top of the other and fill the centers with currant jelly.

VIII. Pare and core tart apples. Slice and pour French dressing over. Mince an equal amount of celery and walnut or pecan nut meats. Spread this on the apple slices and pile one on top of the other. When serving, place a ball of cream cheese in the center.

IX. Pare, quarter, and core fine flavored apples. Then slice the quarters the short way. Cover with sugar and sprinkle lemon juice over at once. Cream dressing.

X. Take a French ball cutter and shape apples into small balls, after paring them. Roll the balls in cream fruit dressing, and then in minced nut meats. Make an incision with a toothpick and insert a small leaf or strips of green pepper to represent leaves. Then serve dressing on the side.



FIG SALADS

I. Cut large, fresh figs in halves. Add one-half the quantity of broken nut meats. Pour lemon juice over and chill. French dressing.

II. Slice cold boiled figs and mix with two-thirds the amount of chopped or broken almond, walnut or pecan nut meats. French dressing.

III. Quarter the figs and cover with honey. Chill thoroughly and serve with honey dressing. Honey dressing may be served with any fig, pear, or apple salad. Grape juice may be used if French dressing is served.

IV. Use cooking figs. Cook until tender. Wash raisins and boil them fifteen minutes. Drain well and chill. Use an equal amount of each fruit and one-fourth as many nut meats. Decorate with cherries.

V. Chop fresh or cooked figs the size of peanuts when shelled. Lay an equal amount of peanuts in olive oil for thirty minutes or more. Then mix both in French dressing. Decorate with shredded pimento.

STUFFED FIG SALADS

Carefully split large figs on one side. Scoop out some of the pulp and mix this with finely chopped or ground nut meats consisting of walnuts, pecans, and almonds. Then stuff the figs with this and sprinkle with a little French dressing or lemon juice. Decorate with sprays of red currants.

II. Stuff large figs with maraschino cherries and chopped nut meats or with grape pulp, made by squeezing the grapes through collander, adding sugar to sweeten. Orange jelly is a good stuffing when marinated in French dressing before adding. Then pour French dressing over all.



WALDORF SALADS

I. One cup of diced tart apples. Cut up tender celery. Add one cup of the celery and one cup of walnut meats to the apples. Sprinkle two table-spoons orange juice and the grated rind of half an orange over. Then mask in mayonnaise. Serve in apple cups made by cutting off a piece at the top of the apples and scooping out the centers. Pour a little lemon juice inside the cups and chill for an hour or more. At serving time, fill the cups with this mixture. Heap with the dressing and garnish with a maraschino cherry.

II. Pare and cut into dice, tart apples. Cut up fine the same amount of tender celery. Then add walnut meats. Serve with mayonnaise, omitting mustard. Cream may be added to the dressing.

A tiny bit of green coloring may be added to dressing used for Waldorf salads.

When Waldorf salad is served with a meat dinner, horseradish may be sprinkled on the top.

PRUNE SALADS

I. Use a good grade of prunes. Stew or steam until tender and cut up in small pieces. Shred one-third the amount of blanched almonds, pecans, or walnut meats. Mix and chill. Decorate with shredded green or red pepper.

II. Marinate an equal amount of chopped prunes and shredded hazelnuts in French dressing. Heap with cream dressing when serving.

III. Let twelve large prunes soften in water over night. Then bring slowly to a boil. Cool and drain. Remove the stones. Cover with the pulp of two oranges and one-half lemon. Sprinkle with nut meats. Cream dressing.



STUFFED PRUNE SALAD

After soaking over night twenty large prunes cook until tender, cool and stuff with a mixture of one cup Neufchâtel cheese, one tablespoon peanut butter, one-half cup mayonnaise or French dressing. Add a little salt, and if the mixture is too dry add a little cream or milk. Form the mixture into balls before stuffing.



GRAPE SALADS

I. Mix an equal portion of chopped banana and pineapple. Sprinkle the top generously with seeded and skinned malaga grapes. Pour French dressing over and chill.

II. Remove seeds from four cups of blue grapes. Cut in halves and seed. Mix these with one cup of shredded blanched almonds or pecan nut meats. Mask in cream fruit dressing just before serving. Place upon grape leaves.

III. Peel, seed, and cut white grapes in halves. Cut up an equal quantity of sour oranges in small pieces. Mix and chill. Add a few broken nut meats. French dressing.

IV. One-half cup of chopped tart apples and one cup of white grapes that have been seeded and cut in halves. Add nut meats to French dressing and serve very cold. White grapes may be seeded and stuffed with nut meats and served with French dressing.

V. Wash and seed Tokay grapes. Wash and slice persimmons in one-eighth-inch slices. Use two persimmons to each one-half pound of grapes. French dressing.

VI. Soften cream cheese with a little olive oil, adding salt and pepper. Then add a little apple jelly and make into balls the size of hickory nuts. Wash grapes, skin and seed. Place upon plate, and lay the cheese balls in the center.



ALLIGATOR PEAR SALADS

I. Remove seeds and hard centers after paring and cutting the pears in halves. Then mash and put into a mold. Cream dressing.

II. Cut ripe alligator pears in halves lengthwise after paring them. Remove the hard centers. Scoop out some of the pulp. Mix this with finely cut grapefruit and mix with French dressing made with lime or lemon juice. When serving, pour the dressing over all.

III. Cut three ripe alligator pears in halves lengthwise. Scoop out the centers. Dice small, yellow egg tomatoes and ripe red tomatoes. Drain and use an equal amount of each. Mix with French dressing. Then fill the hollows with this mixture. French dressing.

IV. After paring alligator pears, cut them into quarters. Remove the seeds and hard centers. Then cut in slices and add three-fourths the amount of apples that have been first quartered, then sliced. Then add one-fourth the quantity of finely sliced cucumbers and a little shredded green pepper. Sprinkle with nut meats.

V. Alligator pear slices with grapefruit and oranges is a splendid combination. French dressing.



MIXED FRUIT SALADS

I. Skin Malaga grapes. Cut in halves and seed. Add an equal amount of diced apple. Sprinkle with salt and lemon juice. Celery may be added. Cream dressing.

II. Arrange alternate layers of shredded pineapple, sliced bananas, and sliced oranges on crisp lettuce. Sprinkle each layer with powdered sugar. Serve with French dressing.

III. Remove skins and seeds from white grapes. Cut in halves. Add an equal quantity of shredded fresh or canned pineapple and celery cut fine. Mix with one-fourth the quantity Brazil nuts chopped fine. Sprinkle with lemon juice. In the center place three whole grapes.

IV. Peel two oranges and remove the pulp from each section. Dice two bananas. Seed one-half pound of white grapes. Mix the fruits and add one-half cup broken nut meats. Arrange on a bed of lettuce. Serve with cream French dressing.

V. Use an equal amount of different nut meats, chopped or broken, white grapes, peeled and seeded, shredded grapefruit, pineapple cut in cubes and finely cut celery. Cocoanut cubes may be added.

VI. Four bananas, sliced. Place the slices on slices of orange. Over them two rounds of canned pineapple cut up fine. Sprinkle the whole with cubes of cocoanut. Decorate with berries in season or cherries.

VII. Combine equal parts of pineapple, cherries, and strawberries. Sprinkle with sugar and chill. Add any desired amount of shredded blanched almonds.

VIII. Pulp of one grapefruit, two apples cut fine, five canned pears cut fine, three stalks of celery, and a half cup nut meats.

IX. One cup cherries, two oranges cut in small pieces, one tart apple chopped, two bananas diced, one-half cup celery, and cup of chopped mixed nut meats. Boiled cream dressing.

X. Mix one cup stoned cherries with two oranges cut into very small pieces, one chopped tart apple, two diced bananas, one-half cup of finely chopped celery, and one cup of chopped nut meats. Add one bunch of white grapes which have been cut in halves and seeded. Use a mixture of filbert, hazelnuts, pecans, and walnuts.

XI. Three oranges, three bananas, one-half pound of Malaga grapes, one-half cup chopped pineapple, juice of one lemon, and twelve walnut meats. Cut the orange pulp in small pieces, remove skins and seeds from the grapes. Shred the pineapple and mix the fruits, pouring over the juice of the lemon. Before serving, add the bananas and the nut meats. Serve in orange cups or baskets with French dressing, using sherry or Madeira wine with lemon juice.



CURRENT SALAD

Select large currants. Cover with powdered sugar and chill two hours. Serve with a cream dressing to which currant juice or currant jelly has been added.



MIDSUMMER DREAM SALAD

Combine dice or strips of plums, peaches, and pears. Also add finely cut pineapple. Serve with French dressing using a fruit vinegar, or the juices of fruit used.

ROMANCE SALAD

Add one cup of canned cherries to one cup of cubed peaches, and one cup of hulled strawberries. Then add one-half cup sugar and pour over a French dressing made of equal amounts of each fruit juice and lemon juice. Before preparing the dressing, let a handful of rose petals lie in the fruit juice for two hours. Then strain. Cream French dressing may be used. If cherries are still in season, they may be used instead of the canned fruit.



TUTTI FRUITTI SALAD

Chop one cup of stoned dates, one cup of figs, one cup of strawberries, one cup of pineapple; add to this one cup of finely cut orange pulp, the juice of a large lemon, four tablespoons sugar, and one cup of sherry. Chill thoroughly and serve with cream dressing. Cherries, peaches, and raspberries may also be added.



MELBA SALAD

Dice one banana, cut up the pulp of one-half orange, shred one-half cup of canned pineapple and one-half cup of drained canned cherries. Add the juice of one-fourth lemon. Sweeten to taste. Then add two tablespoons shredded almonds. Serve with French dressing, using fruit juices.

CALIFORNIA SALAD

Peel, seed, but do not cut, white grapes. Place upon lettuce with an equal amount of stoned California cherries. Chill and serve with French dressing made with lemon juice.



ORANGE AND CHERRY SALAD

Remove the white membrane from the pulp of two oranges and cut each section into halves, cross-wise. Mix one cup of finely cut pineapple with one-half cup of candied cherries cut in halves. Fresh cherries may be used in season. Add the oranges and cover the salad with lemon dressing made of four tablespoons sugar and three tablespoons lemon juice adding one-half cup of whipped cream.



SURPRISE SALAD

Halved peaches, the centers filled with pineapple, cut fine, adding chopped nut meats. Decorate with cherries.



CHERRY AND CHEESE SALAD

Surround slices of cream cheese with white stoned cherries, replacing the stone with a peanut, hazelnut, or filbert. Decorate top with cherries, either fresh, canned, or maraschino. Serve with mayonnaise for luncheon.

FROZEN FRUIT SALADS

Mix an equal quantity of bananas diced and red raspberries. Add a sufficient amount of sugar to sweeten. Then put into a coarse strainer, pressing the fruit through into a large bowl. Add a little orange or lemon juice. Mix and place in freezer. Serve in pyramid shape with cream dressing.

The juice of nearly all fruits may be slightly salted and sweetened and frozen. Served with mayonnaise or cream dressing, frozen fruit makes a delicious salad. Early apples cooked into a thin sauce and frozen, make a delicious dessert salad.

A salad well served is a dish for the gods, and more nutritious for human beings than the ambrosia of fable.

Special Occasion Salads

NEW YEAR'S SALAD

Pour strawberry gelatin into bell-shaped molds. A piece of green pepper may be used for the bell tongue. Cream dressing.



ST. VALENTINE'S SALADS

All St. Valentine's salads may be decorated with fringed celery.

I. Drain canned beets and cut into heart shapes. Marinate in French dressing.

II. Pour tomato jelly into heart-shaped molds or when stiff cut with a heart-shaped cookie cutter. Serve upon white leaves of lettuce or endive, two hearts to a person, with a tablespoonful of mayonnaise on the side.

III. Prepare a salad of grapefruit and white grapes, peeling and seeding the grapes. Add a few nut meats and marinate in French dressing. Place upon white lettuce leaves. Cut a heart-shaped pattern out of cardboard. Use this to cut red peppers into tiny heart-shaped pieces. Then sprinkle these over the salad. This salad may be decorated with red candy hearts.

IV. Put the meat of chicken or lobster through the meat grinder, using the finest knife. Mold this in heart-shaped pans or molds and chill, pouring a little French dressing over when serving. Place a heart-shaped piece of pickled beet in the center. Tomato aspic molded in a heart-shaped pan or mold is very nice to use instead of the beets. Mayonnaise is passed in a separate dish.

V. (Love Apple Salad.) After skinning medium-sized tomatoes, roll them in gelatin. Chill thoroughly and serve with mayonnaise.



MARTHA WASHINGTON'S BIRTHDAY SALAD

Shred a sufficient amount of grapefruit and to each cup add one-fourth cup of quartered candied or maraschino cherries. Marinate in French dressing. Garnish with a ring of cherries.



GEORGE WASHINGTON'S BIRTHDAY SALAD

Place a layer of red canned cherries on lettuce leaves. Over them put a layer of white stoned cherries. Marinate in French dressing. Place a tiny hatchet on one side of the salad and on the other side a tablespoon of cream dressing.

ST. PATRICK'S DAY SALADS

I. After peeling cucumbers, cut them into rectangular shapes two or three inches long and one and one-half inches wide. Then slice an equal amount of cucumbers. After draining them, lay them upon ice to thoroughly chill. Cut up green pepper to represent shamrock. This can easily be done by first making a cardboard pattern. Place the shamrock pieces of pepper on the cucumber slices and lay the rectangular pieces in between the slices. Garnish with truffle cut into fancy shapes. Place upon lettuce or cress.

II. Prepare a cucumber jelly. When set, cut into cubes. Place upon lettuce or cress. Garnish with green pepper cut into shamrock shapes.

III. After crisping water cress, place it upon salad plates. Mix cream cheese with a little sweet cream. Add a little finely chopped cress and form into dainty balls. French dressing.

IV. Prepare a cucumber aspic jelly. Pour a little into molds. Then add a layer of peas when set. Mask the peas in mayonnaise and have them thoroughly chilled. Then add another layer of jelly.

V. Cut slices of green peppers three-fourths of an inch thick. Place three upon salad plate to form shamrock leaf. Cut a piece of the pepper to suggest a stem. Fill the circles of peppers with a fish or shrimp salad which has been masked mayonnaise or marinated in French dressing. Garnish with a sprig of parsley over the top.

VI. Cucumber jelly may be poured into green pepper rings to mold. Use green mayonnaise or a French dressing to which green coloring has been added.

EASTER SALADS

I. Add just enough sweet cream to a cream cheese to make a stiff paste. Divide in four portions. Color one portion green with parsley or spinach; another red with spiced beets or with the vinegar from same; a third yellow with crushed yolk of hard-boiled egg; a fourth brown with pounded pecan nuts. Mold into egg shapes and serve one or more of each color in nests made of lettuce. Serve with mayonnaise after marinating in French dressing.

II. Place shredded lettuce on salad plates. In the center place hard-boiled egg yolks garnished with parsley. Surround with rings of egg whites filled with mayonnaise dressing. Marinate the yolks in French dressing.

III. Make nests of cooked rice. Mix a half cup of cream cheese with one tablespoon flour, a pinch of salt, and the same amount of cayenne and a little mustard if liked. Whip the whites of three eggs very stiff. Add this to the mixture and form into egg shapes. Roll in the white of egg and then in cracker or very fine bread crumbs and fry in hot fat for a minute. Place these in the rice nests and marinate all in French dressing.



INDEPENDENCE DAY SALADS

I. Cut large, perfect strawberries in halves. Add one-fourth cup of chopped marshmallows to each cup of berries used. Serve with French dressing made with equal parts of strawberry and pineapple juice. Lemon juice may be used in place of pineapple juice. Marinate in the dressing one hour.

Serve upon white lettuce leaves and decorate with a ring of blueberries.

II. Shred pineapple fine. Add a little finely cut celery and a few chopped marshmallows. Marinate in French dressing. Made with lemon juice. Place in the center of salad plate, heap with three unhulled perfect strawberries, and decorate with blueberries.

III. Cut watermelon pulp in balls with a ball cutter. After draining well, place around the edge of the lettuce leaves and put finely shredded pineapple in the center. Marinate in French dressing to which sherry wine has been added if liked. When serving, heap with blueberries or one small blue plum.

IV. One cup of red raspberries or strawberries and one-fourth cup marshmallows cut in quarters or the same amount of pineapple cut fine. Chill thoroughly and marinate in French dressing. Sugar is added to the berries to sweeten to taste. When serving, sprinkle with candied violets or decorate with blue cornflowers.

V. Equal amounts of shredded pineapple and celery. Marinate in French dressing. Surround with a ring of red currants. Heap the center with blueberries. Use the fruit juices in the French dressing used.



AUTUMN LEAF SALAD

Prepare a favored gelatin jelly. Pour into mold one inch thick. Over this lay a highly colored autumn leaf. If a lemon or orange jelly is used, decorate with cherries, after covering the leaf with another layer of the jelly. For an autumn luncheon.

HALLOWE'EN SALADS

I. Soak one-half package of gelatin in a quart of water. When it begins to thicken, stir in an equal quantity of chopped celery nuts and apples. Then pour into molds. Serve with mayonnaise. Decorate the salad with hobgoblin heads.

II. Cut tops off apples. Scoop out centers. Put in any favorite salad mixture. Cut a face on the outside of the apples. Use yellow apples. Heap centers with cream fruit dressing.



CHRYSANTHEMUM SALADS

I. Cabbage shredded very fine may be laid upon crisp lettuce in the form of chrysanthemum. Just a tiny bit of hard-boiled egg yolk is used for the center. Serve with French dressing.

II Select any color chrysanthemums that may blend with other table decorations. Remove the green leaves and use as a garnish. The entire stem is removed and the blossoms marinated in French dressing for thirty minutes. A ball of cheese may be placed in the center.

Chrysanthemum salads are served at Thanksgiving time.



CHRISTMAS SALADS

I. Arrange an equal amount of apples cut in dice and celery cut fine on crisp lettuce or endive. Any preferred nut meats may be used. Shredded pimentos and chopped olives may be added to the French dressing.

II. Mix one cup of shredded pineapple with one-half cup of finely cut celery. Mask in mayonnaise. Use the white mayonnaise. Then sprinkle with nuts and shredded green and red pepper. Place in a small bowl in the center of an individual salad plate. Put a ring of cotton around this bowl to represent snow and sprinkle with diamond dust or crushed rock candy. Decorate with holly.



POINSETTIA SALADS

I. Slice off the stem end from large red apples. Scoop out the centers and fill with an equal amount of diced apples, celery cut fine, and pecan nut meats broken fine. Sprinkle with salt. Mask in mayonnaise. Cut large petal-shaped pieces from pimentos. Arrange them on lettuce leaves in the form of a poinsettia, on individual salad plates. Then set the apple cup filled with the mixture in the center. Place smaller petals on top, making the petals just the size of the top of the apples.

II. Place slices of pineapple on crisp lettuce or endive. On this lay five strips of pimento to represent a poinsettia. Fill the center with cream cheese and over this a little mayonnaise to which a little crushed parsley has been added.



DAISY SALADS

I. Cut Neufchâtel cheese about one-half inch in thickness. Then in eight strips. Place upon lettuce. Rub the yolks of hard-boiled eggs to a powder and put a teaspoon of this in the center of each daisy. Marinate in French dressing one hour.

II. Daisy salads may be served upon nasturtium leaves.

Cut hard-boiled egg whites in as many strips as possible lengthwise. Place these upon lettuce in the form of a daisy, after marinating in French dressing. Put a teaspoon of mayonnaise in the center and sprinkle over this grated egg yolk.

III. Marinate artichoke fonds in French dressing. Cut hard-boiled egg whites in strips lengthwise. When serving, place the fonds on a bed of shredded lettuce. Then put the egg strips over in the form of a daisy, and grate the egg yolk over the center.



VIOLET SALAD

Mince very finely one celery heart for each person to be served. Then remove the stems from twenty fresh violets. When these are out of season or the price prohibitive, candied violets may be used. Mix these gently with the celery and pour over one tablespoon of white wine. Marinate in French dressing, adding a little onion juice and one tablespoon minced parsley. Garnish with leaves.



SWEAT PEA SALAD

Cook new garden peas until tender, or use French canned peas. Chop one-fourth the amount of tender celery very fine. Pour on a little onion juice when mixing. Sweet pea blossoms are cut free and added. The whole is marinated in French dressing. Decorate with dark sweet pea blossoms.

WATER LILY SALAD

Boil eggs for twenty minutes. Then throw into cold water. Cut the whites in eight strips to the middle. Then carefully remove the yolks. Mix the yolks in French dressing and a little grated cheese. Marinate in French dressing after forming into dainty balls. When serving, place these into the egg cups and pour French dressing over all. Serve on crisp lettuce. Round green leaves would be a pretty garnish.

For a pink water lily salad, lay the egg whites in pickled beet vinegar. Serve upon cut-glass dishes to give the water effect.



CLOVER SALADS

I. Add one tablespoon of chopped sweet clover blossoms to a cup of new boiled garden peas. Chop nut meats very fine. Sprinkle the salad with this and marinate in French dressing, adding a half teaspoon onion juice. The clover may be cooked very slowly with the peas for ten minutes or simmered separately. Garnish with dark clover blossoms.

II. Mix an equal quantity of pineapple, white currants, and cherries. Serve with cream dressing. Decorate with clover blossoms.



ORANGE BLOSSOM SALAD

Orange blossoms may be candied in syrup in the same way as rose petals, and then sprinkled through an orange or lemon jelly. The jelly need not be very stiff. Serve with cream mayonnaise on the side. Decorate with orange blossoms. For a bridal breakfast or pre-nuptial luncheon.

TULIP SALADS

I. After scooping out the pulp of peeled tomatoes, cut them in eight parts, starting from the blossom end. Press open but do not sever the sections. Put a teaspoon of mayonnaise in the center adding a few very finely minced nut meats. Surround this with a few tomato seeds.

II. Cut a medium-sized beet in eight parts. Do not sever the sections. Carefully scoop out the centers. Then place a teaspoon of mayonnaise in the center and grate a little egg yolk over. Pour French dressing over all and let thoroughly marinate and chill.

III. Cut the stem ends off pears after paring them and scoop out the centers. Then cut into six parts without severing the sections. Fill the centers with a mixture of chopped tomatoes and cucumbers masked in mayonnaise, and chopped nut meats. When pears are not in season, cucumbers may be used, using the ends of the cucumber. A decorative touch is given by using leaves that resemble tulip leaves.



POPPY SALADS

I. Scoop out the centers of beets that have been boiled until tender and skinned, leaving one-half inch at the bottom and sides. Then cut from stem upward forming four petals, using scissors. Chop the whites and yolks of hard-boiled eggs very fine. Place this around the space left in the center from cutting the petals and in the center of this place a green caper. Decorate the edge with chicory. Marinate in French dressing and serve with a cream dressing passed in a separate dish.

II. Petals may be cut from cold boiled beets and then pressed into small rounds of cream cheese for the centers, covering the cheese with mayonnaise. Then place a few capers in the center and on the edge of the round of cheese place a ring of finely fringed truffle. Marinate in French dressing and place upon chicory. Serve with French dressing in a lemon cup or separate dish. Green coloring may be added to the dressing.



ROSE AND CHEESE SALAD

Remove the heart petals from large red or pink roses. Any color rose may be used in order to carry out the color scheme of the table. Mix cream cheese with French dressing and shape into dainty balls. Place these in the rose centers. Pour a little French dressing over the balls. Have both the flowers and the cheese very cold.



ROSE OF KILLARNEY SALAD

Pistachio, strawberry, and orange jellies are needed for this salad. Scald four ounces of pistachio nuts in one-half cup water, after crushing the nuts in a mortar. Then dissolve one-half package of gelatin in two cups hot water, adding one cup of sugar and the pistachio mixture. Green color paste may also be used if not sufficiently green and a little almond flavoring.

BRIDAL ROSE SALAD

Prepare an orange jelly. Pour a little of the jelly into a mold and allow it to set. Then sprinkle with candied rose petals. When one layer is arranged, add more gelatin and rose petals and so continue until all the material is used. Individual molds may be used. When a square mold is used, it is cut in slices. Large rose petals are used as a garnish on the edge of the plate. Cream mayonnaise is used and candied rose petals may be added to dressing.



GOLDEN WEDDING SALAD

Pour an orange jelly into one large or individual ring molds. Serve an orange salad in the center, consisting of orange pulp and nuts, marinated in French dressing. Cream mayonnaise. Decorate with orange or mock orange blossoms.



SUNSET GLOW SALAD

Lemon, orange, raspberry, strawberry, and pistachio jellies are needed. Directions for same will be found in this book on pages 99 to 108. Then mix them and pour into a large or individual molds. The jellies may be poured in layers. In this case, pour a very thin layer of each and let it set before adding another layer. Serve with cream mayonnaise or a French dressing made with equal parts of orange, lemon, raspberry, and strawberry juice.



DAWN OF THE MORNING SALAD

To a lemon jelly when nearly set, add any desired quantity of candied rose petals and candied violets and stir. Then pour into molds. Decorate the plate with yellow and pink rose petals and candied violets, if not in season.

Salads are good appetizers and they promote digestion.

Sandwiches and Cheese Straws, etc.

THAT MAY BE SERVED WITH SALADS

ROSE SANDWICHES

I. Spread the bread lightly with unsalted butter ; then cover with a mixture of cream cheese and crushed strawberries. Serve with rose petals strewn over the sandwiches and plate.

Rose lemonade may be served with these sandwiches. This is made by adding fresh currants that have been sweetened, using a sufficient quantity of them to color it pink.

II. Bury pats of unsalted butter in rose petals for twenty-four hours, and smother the bread to be used in fresh rose petals, wrapping in waxed paper. When making the sandwiches, spread lightly with the butter and scatter rose petals over. The bread may be cut to resemble rose petals.



LILY PAD SANDWICHES

Cut rounds of graham bread and spread lightly with butter, shredded lettuce, and chopped green peppers mixed with mayonnaise. Chop the peppers fine enough to make a paste. Serve with pond lily salad.

POPPY SANDWICHES

Add deviled ham and chives to a cream cheese which has been worked to a paste with a little cream. Spread upon whole-wheat bread cut to represent poppy petals.



BATCHELOR BUTTON SANDWICHES

Spread bread lightly with butter and use a mixture of shrimp and lemon juice, adding a little chopped radish. This mixture may be seasoned with French dressing if preferred. Decorate the plate with batchelor buttons.



TULIP SANDWICHES

Make a mixture of tuna fish, or chicken, parsley, lemon juice, and a little onion juice or onion salt. Spread upon bread cut to represent tulip petals.



MINT SANDWICHES

Cut small squares of bread and spread lightly with butter. Scald fresh mint leaves. Remove from water and chop very fine. Spread a thin layer of this over the butter or mix with the butter before spreading it on the bread.



MARMALADE SANDWICHES

Spread rounds of bread with orange marmalade and sprinkle with cocoanut.

EGG SANDWICHES

Egg sandwiches may be made very tempting by mincing hard-boiled eggs and seasoning with pepper and salt, adding a little sweet cream. Spread this upon bread and sprinkle with bits of water cress.



MAUDE ADAMS SANDWICHES

Add enough chopped nut meats to a half cup of strained honey to make a stiff paste. Cut graham bread into fancy shapes and spread with the paste.



PIMENTO SANDWICHES

Cut bread very thin and spread with pimento butter. Pimento butter is made by using one-fourth cup of butter and two canned pimentos. Put the pimentos through the food chopper, using the finest knife. Blend both ingredients well and season to taste with salt.



MIDSUMMER DREAM SANDWICHES

Spread bread with a layer of cottage cheese and the same amount of orange marmalade.



SHERRY SANDWICHES

Chop raisins fine and work to paste with sherry wine.



A LA RUSSE SANDWICHES

Grate cheese, season with salt, paprika, mustard, vinegar, and anchovy paste.

RASPBERRY SANDWICHES

Crush an equal amount of raspberries (red) and bananas, adding sugar and a little cream to make paste.



SANDWICHES TO SERVE WITH CHILDREN'S SALADS

Remove crusts from white and graham bread. Then cut in thin slices. Shape with round, fluted, elliptical, cutlet shaped, square or oblong and with flower and animal cutters. Spread the bread with butter that has been worked to a cream. Each sandwich should consist of one piece of white and one of graham bread. Any favorite sandwich filling may be used.



SWEET PEA SANDWICHES

Chop sweet pea blossoms and use one-half cup of the blossoms (packed tight) in the cup to one cup of butter worked to a cream and unsalted.



CHICKEN SANDWICHES

Put one cup of chopped chicken, one-half cupful chopped almonds, and one-fourth cup of stuffed olives through the food chopper. Mask this mixture in mayonnaise. Place lettuce leaves on the bread before using the mixture.



NASTURTIUM SANDWICHES

Chop nasturtium blossoms and mix with mayonnaise.

CREAM CHEESE AND CURRANT JELLY SANDWICHES

Mash a cream cheese to a paste. Add two tablespoons of currant jelly, three tablespoons olive oil, and one-half cupful chopped pecan nut meats, a dash of paprika, half a teaspoon of salt, and one tablespoon chopped parsley. Mix well. Use whole wheat bread.



TOMATO SANDWICHES

Peel the tomatoes and slice very thinly. Season with French dressing, adding a little onion juice or onion salt if liked.



VARIOUS SANDWICH FILLINGS

Mix chopped sweet peppers with mayonnaise. A little onion juice or salt adds a flavor if liked.

Mix equal portions of chopped raisins and nuts. Moisten with a little cream, orange or lemon juice. Brown bread may be used for these sandwiches.

For cream cheese and olive sandwiches, work a cream cheese with a little cream until light and smooth, and add one-half the quantity of stuffed olives finely chopped.

For cucumber sandwiches, use two good-sized cucumbers chopped very fine. A little onion juice or onion salt and a dash of red pepper. Mix with mayonnaise.

Seed and slice thin either white or blue grapes, according to the season. Mix with chopped nuts and very finely minced apples.

Pour a little lemon juice over all or French dressing if preferred.

Peanut-butter sandwiches are improved for many people by the addition of Roquefort cheese and French dressing to which a little onion juice has been added.

Chicken livers mashed to a paste, seasoned with salt and pepper, make very tasty sandwiches. Bits of crisp bacon may be scattered over the paste.

Lettuce or cress sandwiches are made by pouring French dressing over the greens. Mayonnaise or boiled dressing also is used.

Cucumbers may be dipped in French dressing. Slice them very thin and drain well before using.

Chopped dates, seasoned with grated lemon or orange peel, or sprinkled with cinnamon. Use whole-wheat or graham bread.

Drain and bone anchovies and pound to a paste with butter and lemon juice.

Equal parts of chicken and cold ham finely minced and seasoned with curry powder, is spread on thinly sliced and buttered bread.

Mince cold boiled tongue with hard-boiled eggs and season with mustard.

Pound sardines, after boning and skinning them, to a fine paste with lemon juice.

Pick shrimp very fine and season with lemon juice or French dressing.

Chop olives very fine or mince them and mix with mayonnaise.

Mix Russian caviarre with lemon juice.

Mix lobster meat with mayonnaise.

Mash and sweeten strawberries seasoned with lemon juice or French dressing.

Apple blossoms, violets, and other fragrant flowers may be used to bury butter in. Then spread on the bread and sprinkle with the petals.

Spread slices of bread with rich, thick cream; sprinkle with salt. Then cover with any preferred chopped fresh or jellied fruit.

Cover buttered bread with shredded pineapple and finely minced cherries.

Chop cherries, cover with orange juice, and let stand for an hour.

Orange or any favorite gelatin with nuts, marinated in French dressing.

Chop figs very fine. Let stand in grape juice flavored with lemon.

Grated parmesan cheese, minced celery, or chives.

Sprinkle thin slices of buttered bread with nut meats, or use a mixture of various nuts.

Thin slices of Swiss cheese on buttered bread.

Make paste of shadroe, a few chopped chives, and a few capers. Mask in mayonnaise.

Equal parts of chopped mint, parsley, and chives, mixed in French dressing. Decorate plate with olives.

Slice bananas very thinly. Sprinkle with lemon juice. Let stand in orange juice thirty minutes.

Mince cherries and dates. Let stand in orange juice.

Very thin slices of aspic salads make good sandwiches.

Mince ham and celery. Marinate in French dressing.

Ham and green peppers, masked in mayonnaise.

Tuna fish, celery, and mayonnaise.

Tuna fish and grapefruit pulp, mixed with mayonnaise.

Tuna fish and green skinned apples minced and mixed with French dressing.

Bananas with lemon and pineapple juice.



FOR ST. PATRICK'S DAY

Cut cucumber jelly in very thin slices. Place upon buttered bread. Decorate the plate with green peppers cut in shamrock shape.

Cream cheese, green peppers, and green mayonnaise.

Tuna fish, chives, green peppers, and green dressing.

Mashed bananas and nut meats.

Blackberry jelly and nut meats.

Loganberry juice and nut meats.

Cranberry jelly and nut meats.

Baked apple pulp and French dressing.



CLOVER SANDWICHES

Equal parts minced pineapple, currants, and cherries. French dressing.

Place clover blossoms in a stone jar. Wrap butter and bread in thin paper and place in jar overnight. When ready to prepare the sandwiches, spread the bread lightly and cover with the blossoms. French dressing may be used.

Mince potato and ham. Add French or mayonnaise.

Cut pineapple very fine. Spread bread with butter, cover with cream cheese. Then add the pineapple cut in thin strips.

Chop figs very fine. Add maple syrup and lemon juice.

For Mexican sandwiches, season baked beans with catsup that is highly seasoned.

Lettuce and grapefruit pulp.

Lettuce and egg mixed with French dressing.

Lima beans and ham minced. Add French dressing.

Mince lima beans, red pepper, and cabbage. French dressing.

Rice sandwich is a good school sandwich. Add chopped beets and olives. Mix in French dressing.



CHEESE STRAWS

Roll out pie crust very thin. Sprinkle with grated cheese and a dust of cayenne. Fold over one-half of the dough. Roll out and sprinkle a second time with cheese and a dash of cayenne. Cut in very narrow strips and bake in a moderate oven.



CHEESE DREAMS

Cut twelve thin slices of bread, removing the crusts. Cut the slices in halves and sprinkle with cheese, adding a dash of cayenne and paprika, as well as salt to taste. Cover with another slice of bread and sauté on both sides in butter.

CLOVER BISCUITS

These may be served with clover salad.

Prepare a biscuit dough and cut into inch rounds. Use the center of a round loaf cake pan, inverted, as a cutter. Place these rounds in threes in greased and floured gem pans and glaze the tops with egg yolk mixed with a little water. The rounds, when baked in a group of three, will come out in trefoil shape. Cheese may be served with these biscuits.



SALAD STICKS

Cut dough in finger-shaped pieces and make in bread stick pan, if one is on hand; otherwise, leave space between each stick. When nearly done, remove from oven and spread quickly with a little melted butter and grated cheese. Then return to oven and finish baking. For the dough, make a sponge of one cup of scalded milk, one cake compressed yeast dissolved in one-fourth cup lukewarm water. When light, add a tablespoon sugar, one-half teaspoon salt, and two tablespoons butter, and the white of one egg beaten light. Then add enough flour to make a dough. Roll out, then form into balls and roll out again to form sticks. Before rolling out the dough, it must be very light; keep it closely covered.



CHEESE BALLS

Mix one and one-half cups of cheese with one-fourth teaspoon salt and the same amount of paprika. Beat the whites of three eggs stiffly. Shape into balls and roll in fine cracker crumbs. Then fry in deep hot fat one minute. Drain on brown paper. Serve with green vegetable salads.



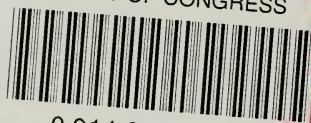


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